

Say Ben-Gay for Head Colds

On outside of nostrils apply **BAUME BENGUE**
Then squeeze half inch in boiling water—inhale steam—relieves headache—neuralgia.

THE LEWING WILES CO. LIMITED, Agents, Montreal

Get the Original Dr. Bengue's Baume

First Aid for ACHES and PAINS

BREAK CHEST COLDS WITH RED PEPPER

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. Always say "Rowles."

Acid Stomach

Don't Worry If Gassy, Sour, Belching Stomach Follows a Meal. Use **Stuart's Dyspepsia Tablets**.

Sugars, starches and meats of the average meal often sour and cause gas because the stomach cannot at the time produce the alkaline effect to prevent acidity. Your recourse is one or two Stuart's Dyspepsia Tablets chewed after eating or any time. They are pleasant, white tablets and they do the work so nicely and comfortably that you feel great, you approach the next meal contentedly and you learn the secret of good living and how to take care of the stomach if treated with ingenuity. You can get these tablets at almost any drug store in the U. S. and Canada at 50 cents a box. Those who fear to eat pie, cheese, sausage, pastry and the good things of the table for fear of a sour, acid stomach due to indigestion go back to them without fear or distress. Get a box of these tablets to-day.

CLOCKS

SPECIAL BARGAIN EACH WEEK DURING FEBRUARY.

SEE WINDOW!

L. C. HEMSLEY

WATCHMAKER
149 Sydenham St.

DON'T DO THIS!

Use **LEONARD EAR OIL**

IT DOES RELIEVE DEAFNESS and HEAD NOISES. Simply rub it in back of the ears and insert in nostrils.

Special instructions by a noted ear specialist in each package.

MADE IN CANADA

Descriptive circular sent on request

A. O. Leonard, Inc.

70 Fifth Avenue New York City

For sale in Kingston, Ont., by Austin's Drug Store, A. E. Chown, 145 Princess St.; Mahood Drug Co., Ltd., Princess and Bagot Sts., and all reliable druggists.

Constipation's Remedy

Must come from nature. Celery King is a mixture of medicinal herbs and roots that ride the system of impurities in a gentle, natural way. An old and well tried remedy—50c and 60c packages.

A Salesman's Cough

Irritates his customers—and makes him inefficient and miserable. Shiloh is the ideal remedy—it is not a bulky cough mixture but a special formula proven successful for many years. A few drops brings immediate relief. 30c, 60c and \$1.20. All druggists.

SHILOH FOR COUGHS

5 Princesses, Princes, In N. Y., And Society Can't Turn A Wheel!



- 1- Princess Xenia
- 2- Prince Christopher
- 3- Princess Anastasia
- 4- Princess Alice
- 5- Prince Andrew



Mrs. William Randolph Hearst

NEW YORK.—Society was all set to shower with attention the former Mrs. William B. Leeds, widow of the tiptoe king, whom they once snubbed, now that she is Princess Anastasia of Greece, but the death of King Constantine threw the Greek party into mourning, which precludes society events. They have left for Palm Beach after dinners and receptions costing thousands were called off. Mrs. William Randolph Hearst, who had planned a characteristically gorgeous and expensive affair, was forced to cancel it at the last moment after thousands of dollars had been spent.

Year Without A Summer.

The year 1816 say that the open months of this anomalous year—January and February—were mild, but March turned cold, April started out warm, but before it ended the fields in the Northern United States were stiffened with frost and whitened with snow. The cold continued throughout May, ice forming an inch thick, and repeated plantings of seed being successively destroyed until farmers gave up in despair. June gave no relief, ice continuing to be found on the streams and ponds and snow to be sprinkled over the fields. "Almost every green thing was killed; fruit nearly all destroyed; snow fell to the depth of ten inches in Vermont, seven in Maine, three in the interior of New York and also in Massachusetts."

wards the station a few days ago, and looking very uncomfortable as he went. A friend happening to see him, took the occasion as very suitable for a joke at his friend's expense, and called out:

"Now, Mr. Short, are you training for a race?"

Mr. Short just managed to yell back:

"No, you simpleton; I'm racing for a train."—Parson's.

A Real Test.

A prominent New York lawyer was putting a witness through a hard cross-examination when the subject of absent-mindedness arose.

"What do you think is absent-mindedness?" asked the lawyer.

"Well," replied the witness in a slow, deliberate tone, "if a man who thought he had left his watch at home took it out of his pocket to see if he had time to go back and get it, I would call him a little absent-minded."—Everybody's.

FEMINISMS



WHEN APPEARANCES REALLY MAY BE DRESSILY DECEIVING.

Rena, (laughingly)—Don't be so surprised at Belle's haggard eyes and terribly studious air. She isn't going into a decline because of her devotion to Shakespeare today. She's just skimming all the literature about Juliet—you see, she wants to make one of those stunningly new Juliet caps for the Saturday Club's next dance!

"Best-Dressed Woman In World" Is Broke; Young Hubby Deserted



YOUNG MR. SMITH-WILKINSON WHO IS NOW DESTITUTE

Mrs. Smith-Wilkinson IN HER \$5,000,000 GOWN

LONDON.—Edward Henry Smith, who as "Mr. Smith-Wilkinson" became the youthful third husband of the 50-year-old widow who called herself "the most extravagantly dressed woman in the world," is stranded in an English village, trying to live on his army pension of eight shillings (\$1.75) a week. Mrs. Smith-Wilkinson, who a year ago started London and Paris with her \$5,000,000 costume, her closets full of shoes and hats and gowns, and her gorgeous jewels, is now "dead broke" and has deserted her juvenile husband and gone to Africa.

LIVEN UP THE LIVER

REGULATE THE BOWELS

WITH

Milburn's Laxa-Liver Pills

They will regulate the flow of bile to act properly on the bowels, and will tone, renovate and purify the liver, removing every result of liver trouble from the temporary, but disagreeable bilious headache to the severest form of liver trouble.

Mrs. J. Schelton, Bethany, Ont., writes:—"I have used Milburn's Laxa-Liver Pills for some time. I was troubled with a bad liver and headaches, but since taking your Pills I am perfectly well again."

Price 25c. a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

THE HOME KITCHEN

By Jeannette Young Norton

Author of "Mrs. Norton's Cook Book."

New ways to cook winter vegetables are always sought by women who feel in duty bound to use up the supply stored in cellar or bins while they last. Though the flavor of a vegetable may remain the same, a new way of preparing and serving it certainly does make it more appetizing.

Foreign housewives, numbers of whom are more dependent upon vegetables than meats, have worked out many excellent ways of cooking them. American housewives have so many frods at their disposal that they are apt to neglect the more common vegetables for canned luxuries, which are easier to prepare, but they will miss a treat if they do not try one or more of the following recipes:

Jellied Cabbage Slaw.

Shred enough crisp cabbage to make a heaping cupful. Soak a heaping tablespoonful of gelatine powder in a quarter of a cupful of cold water for ten minutes, then add a cupful of boiling water and stir until the gelatine is dissolved. Add a quarter-cupful of vinegar, a half-teaspoonful of salt, three tablespoonfuls of sugar, a saltspoonful of paprika, half a finely-minced red pepper, and a tablespoonful of grated horseradish. When this mixture is cool, stir in the cabbage, then turn it into a mould wet with cold water, and set to stiffen. When ready to serve un-mould the slaw and cut it in squares. Serve this dish on crisp lettuce or cabbage leaves. A little mayonnaise may be used if desired or a sour cream dressing.

Baked Stuffed Onions.

Peel six large onions and parboil them until they begin to be tender. Drain and cool them slightly, then hollow them out with a sharp-edged teaspoon or sharp-edged grapefruit knife. Have ready a stuffing made of a small cupful of dry crumbs, a tablespoonful of soft butter, a teaspoonful of chopped celery leaves, a half-teaspoonful of salt, a saltspoonful of pepper, two tablespoonfuls of sugar, and a tablespoonful of sausage meat or finely-minced, cold boiled ham. Moisten the mixture with a little bit of cream. Butter over the onions, fill them and dust them with a little grated cheese. Place them on a baking-pan and bake them from fifteen to twenty minutes. Baste the onions frequently with the dish-gravy. Use the onion centres in soup.

Turnip Cups.

Pare as many white turnips as are needed, and parboil them until they are tender, then drain and cool them and hollow them out with a sharp spoon. Chop very fine half of the turnip centres with half a red pepper, a teaspoonful of celery leaves, and a teaspoonful of minced onion, and add pepper, salt, a tablespoonful of sugar, a tablespoonful of soft butter, and a minced, hard-boiled egg. Butter over the turnips, fill them with this mixture, dust them with a few dry

Quality and Charm Distinguish "SALADA" TEA

"The most Delicious Tea you can buy"

Place Your Order Now for Our Scotch Shortbread, Made With Best Creamery Butter.

"WE USE NO SUBSTITUTES."

F. C. HAMBROOK

115 BROCK STREET. PHONE 1925w.

MANY WOMEN AVOID OPERATIONS

Through the Use of Lydia E. Pinkham's Vegetable Compound

Two Interesting Cases

Some female troubles may through neglect reach a stage when an operation is necessary. But most of the common ailments are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear, take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. Many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

Mrs. Edwards Avoids Operation

Wilson, N. C.—"For about a year I was not able to do anything, not even my housework, because of the pains in my sides and the bearing-down pains. I could only lie around the house. The doctor said nothing but an operation would help me, but I tried different medicines which did

no good, until my sister insisted on my trying Lydia E. Pinkham's Vegetable Compound. She said there was nothing like it. I know that she was right, for I began to improve with the first bottle and it has done me more good than anything else. I am able now to do anything on the farm or in my home and I recommend it to my friends."—LILLIE EDWARDS, R.F.D. 3, Box 44, Wilson, N. C.

Another Operation Avoided

Akron, Ohio.—"I can never praise Lydia E. Pinkham's Vegetable Compound too highly for what it has done for me. I had such pains and weakness that the doctor told me nothing but an operation would help me. But my mother had taken the Vegetable Compound and she told me what it had done for her, and so I took it and I am glad to tell every one that it made me a strong woman, and I have had two children since then."—Mrs. R. G. WESTOVER, 325 Grant Street, Akron, Ohio.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information.

crumbs, and bake them fifteen minutes, basting often with a little melted butter and lemon juice. Add a little stock to the dish gravy, thicken it and strain it over the turnips. Garnish them with toast sippets and parsley.

Sweet Potato Fluff.

Boil six medium-sized sweet potatoes and peel and mash them, then add a lump of butter, pepper, salt, a half-cupful of whipped cream and a cupful of chestnut puree, made by boiling a pound of chestnuts after peeling and blanching them in a cupful of milk. When the chestnuts are put through a puree sieve, reheat them, thin them a little with a small quantity of whipped cream, then whip them with the sweet potatoes. Heap this mixture in a lightly buttered pudding-dish and bake it from eight to ten minutes. If desired, the fluff may be dusted with grated cheese before baking.

Southern Beets.

Boil as many beets as are needed, then peel and chop them in half-inch pieces. Make a sauce of a half-cupful each of vinegar and water, salt, pepper, a heaping tablespoonful of butter, three tablespoonfuls of sugar, a teaspoonful of cornstarch dissolved in water and the beaten yolk of an egg. When this sauce is thick and smooth add the beets.

TO-DAY'S FASHION

By Vera Winston.

Apricot shade is always unusual enough to be noticed among the more usual colors. When apricot satin is combined with lace to match, the effect is very lovely, indeed.



This Dainty Dance Frock Combines Apricot, Satin and Lace.

Frocks of lace and satin are very smart. All pastel tints are used, the lace being dyed to match the satin.

Severe Kidney Trouble

Mrs. F. Rinehart, Campbellville, Ont., writes:

"I had trouble with my kidneys and very frequent urination. This was followed by pains which at times were very severe. The doctor said I had inflammation of the bladder and that an operation might be necessary. To this I refused, and began using Dr. Chase's Kidney-Liver Pills. From the first few doses I felt the benefit. The pains left, urination was corrected, and I have had no recurrence of these ailments."

Dr. Chase's Kidney-Liver Pills

One pill a dose, 25c. a box. All dealers, or Edmanston, Bates & Co., Ltd., Toronto