with youth and the men who had wrought this miracle were the idols of the people. Captain Forrester,

who as a lad with a party of surveyors, had been captivated with the lovely river Sweet Water, and stak-

ed his claim on its bank, has built a

large house in the little town and

has come to end his days in the

place of his youthful dreams. He is

a believer in dreams coming true,

and says, "We have dreamed the

railroads over the mountains. Just

as I have dreamed my place at Sweet

Water." Miss Cather's latest book

is written with ease and brilltance,

or otherwise, are vivid and human.

Marrion Forrester, marrying a man

twice her age in gratitude to him for

saving her life, makes his home a

centre of social life for his friends

and a joy to him, in spite of reverses

in fortune, but betrays his trust in

her and her own womanhood for a

marries a girl for her money.

Beautiful, passionate and full of al-

luring charm, she falls lower and

lower, a pathetic figure, keeping to

the last, although dimmed, these

qualities which endeared her to her

true friends like Neil Herbert, who

saw gold where the world saw only glittering tinsel. She had chosen

what she called life, on any terms,

THE CANADIAN ICELANDER.

than the fact that some of more

newly arrived elements of the Cana-

dian people are now beginning to acquire the power of self-expression.

Canada does not consist entirely of

British and French elements, and its

literature cannot indefinitely be

maintained by those elements alone.

a short-story competition held by

Old Times in Eastern Townships.

spun," by Helen E, Williams (Mc-

Cielland & Stewart, Toronto, \$2.50).

is a Canadian Book, a very ambitious

true, by the experienced and equally

Canadian pencil of the illustrator.

C. M. Manly) the "atmosphere" of a

large number of caral scenes, both

natural and human, of this fair Do-

minion, but chiefly of that old and

seems unable to go without sliding

off into amateurishness. It hurts

the sensitive reader, after being

ern Townships) exceedingly high

flashing lakes and velvet forest-tons below him, to learn that to Miss Wil-

liams their coloring has "something operatic" about it, and that "momentarily you expect to see Scotti mount. ing from Nagasaki and the sea."

Scotti, and his tinkling geishas, and his brassy orchestra, amid the unut-

Head! It is to weep! But we should

down so bathetically to the tawdry

The old, soil-rooted country life of

Canada is in this book as well as the

scenery, the racy talk of the pioneers

as well as the sigh of the wind in

the spruces. It is a good book, and

with restraint Miss Williams will

Taking Life Lightly.

Canadian whose serious business, we

believe, consists in teaching farm-

ers what to feed to sick cows and

what to plant between corn rows.

through the columns of a technical

agricultural paper. It is a noble

business, but Mr. Norris evidently

gets much more fun, and will per-

haps get more fame, out of his sec-

ondary vocation, which is that of

writing amusing skits upon well-

known foibles of human nature such

as the universal anxiety to get bach-

elors married. Forty-one of these

skits (and they are all good subjects, and how he got so many good sub-

jects passes our comprehension-

the skits are easy to write but sub-

jects are almost as hard to get as

seats for a big football game) are

contained in a new volume, and are

comically illustrated by the well-

known cartoonist Robert E. John-ston, and the whole thing is called "Why Don't You Get Married?" (McClelland & Stewart, Toronto).

All are amusing, but one of the best

is "Bugs We Could Do Without"-

which proves that a man can be fun-

niest about his own serious task in

Mr. Norris Hodgins is a young

give us a yet better one.

artificiality of the opera house. . .

"Spinning Wheels and Home-

There could not be a better sign for the future of Canadian literature

and in the end found deatn.

coarse sensualist, who, tring of her,

and the characters, be they pleasant

TAKE SALTS FOR A **KIDNEY BACKACHE**

Drink Lots of Water All Day Long To Keep Kidneys Flushed.

Too much rich food forms acids which excite and overwork the kidneys in their efforts to filter it from the system. Flush the kidneys occasionally to relieve them like you relieve the bowels, removing acids. waste and poison, else you may feel a dull misery in the kidney region. lache, dizziness, the stomach sours, tongue is coated, and when the weather is bad you 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 off the body's urinous waste, begin drinking water. Also 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 der disorders disappear.

This famous salts is made from the scid of grapes and lemon juice, buy Christmas cheer and other good used for years to help clean and things for her and the daughter on stimulate sluggish kidneys and stop bootleggers whiskey, loses her hold bladder irritation. Jad Salts is inex- on the present and becomes a child pensive and makes a delightful of again. She fancies she is getting fervescent lithia-water drink which ready for a Christmas tree in Nova millions of men and women take now Scotia, and her daughter, alarmed.

By all means, drink lots of good nurse, who finds it takes all her own water every day. Have your physi- courage to live alone in her tiny cian examine your kidneys at least log house, to the rescue. A Christ-



Keep Jack Frost Away

WITH AN ELEC-TRIC HEATER

Only the best in stock -Westinghouse, Majestic, National, Equator.

The man with the questionable reputation always demands an exhorbitant price when he imagines it has been damaged.

WHEN CHRISTMAS

Xellie L. McClung, Thomas Toronto, Publishers. Price, \$1.00.

In "When Christmas Crossed the Peace" Nellie L. McClung has given far away to the women who have kidneys may then act fine and blad- against the loneliness of the land and then to help prevent serious kid- brings the bright young district would be the thing needed by the lonely woman Here a young mounted policeman comes into the story He is on the track of the bootleggers at The Crossing, and Bill Adams. whose life the nurse has saved when he was at death's door with pneumonia, is the man who is the go-between, who buys the bootlegger's whiskey for the farmers. The policeman breaks his leg, the nurse evolves a plan by which she gets the roll of money from old Bill Adams, and with his consent buys all sorts of delightful things for the Christmas tree, which in the end is enjoyed by everyone. A lightly touched

> By Willa Cather. McMillan Co., Toronto, Publishers. Price \$1.75. In "A Lost Lady" by Willa Cather, dedicated to Jan Hambourg, we have romance of the Western States in the old days, when the rails that ink the east and west were bright

to the pleasure of the readers of this

little Christmas book.

AN AWFUL ATTACK the Women's Canadian Club of Re-OF PIMPLES

and other parts of the body is a sure sign that the blood is not in

in the blood on account of the entire body in words (much assisted, it is circulation being poisoned.

and enriching the blood

have a bottle he had to spare. After I don't know there is such a thing as taken to the top of a (for the East-

B.B.B. is manufactured only by mountain, and shown in all their The T. Milburn Co., Limited, Toronto, glittering color the vast expanse of

CROSSED THE PEACE

us an attractive little book. She has set her characters in Northern Al berta, the land of short days and of nights brilliant with the flaming northern lights that dart across the sky with "tongues of violet, amber and opal and with a rustling sound like the crumpling of silk." In this far porthern land, the Christmas merriment of the country which has been settled for generations seems collections of happy gatherings in their childhood. A farmer's wife. unable to stand up any longer "north of the Peace," and a husband mas tree for the settlement! ... That

of higher culture or finer blood than the Icelanders, and it is not surpris-

Among the newer arrivals none are ing to find the Icelandic settlements among the first to become vocal. "The Viking Heart," by Laura Salverson (McClelland & Stewart, Toronto), is a record of the annals of a group of Icelandic families who settled in Manitoba in the 'seventies; what is more important is that it is a record of lives of struggle and hardship nobly lived, and that it is told by a writer with an exceptional love story with a happy ending adds sense of the dignity and tragedy of

the common events of pioneer existence, and of the shallowness and vanity of much that passes for "civi-A LOST LADY. lization" on this continent. Very rambling and episodic in structure, it is sincere and vigorous in the deniction of its various incidents and characters. A very notable Canadian novel, by a Canadian-born author of Icelandic parentage who knows perfeetly what she is writing about, and who recently won the first prize in

ALL OVER HIS FACE Pimples breaking out on the face

While the skin is the object of the book, and on the whole a very sucattack the real seat of the disease is cessful book. It is an effort to em-

Burdock Blood Bitters quickly and effectually banishes pimples and all other skin diseases as it goes right to the root of the trouble by cleansing

Mr. Conrad Anderson, Kelfield. Sask., writes:- "A year ago I had lovely part of it called the Eastern an awful attack of pimples. They Townships. It is not a perfectly sucbroke out all over my face and I cessful book. There is a point be could not get rid of them in any way. youd which Miss Williams' style. One day a friend told me about your usually simple, honest and loving, Burdock Blood Bitters and let me using it. I noticed a change, so I bought three more bottles, and now

Hemlock Park Stock Farm

(A. H. FAIR, SOLE PROPRIETOR)

CLEAN PURE MILK

Not Pasteurized or Sterilized in Any Way, Healthy Cows Specially Fed

large investment has been made and a large expenditure incurred on the assumption that the consumers of Kingston would be as appreciative and as anxious to get the highest quality of milk as those of other Canadian and American cities. We have recently added to our staff two experts in the producing of "Certified Milk" with a view to producing a high standard of quality

Herd Tuberculin Tested.

The full herd of milkers has been recently tested for tuberculosis under the direction of the Veterinary Director-General of the Dominion Government. A similar test will be made every six months and in the interval no animals admitted to the herd before being tested and found free from disease of any sort.

Stable Sanitation, Health of Attendants, And Purity of Milk.

The cows are housed in what is stated by experts to be the best Dairy Stable in Canada. The sanitation, health of attendants, and the method of handling the Milk is under the personal supervision of DR. MILLER, professor of Pathology of Queen's University, who is a great advocate for clean pure Milk, and has kindly agreed to associate himself with this enterprise in the interests of public health.

Milking Operations.

The milking operations are carried out under the most approved methods, the cows being kept clipped and before being milked are washed. The attendants wear clean white suits and wash their hands before and after milking each cow. They are specially instructed as to the importance of personal cleanliness and methods of sterilization. The milk is bottled by approved methods and cooled to 450 within 30 minutes.

The Cost.

Milk handled in this manner costs fully twice as much to produce as ordinary milk and sells in large cities from 25c. to 40c. per quart.

Our Price.

By careful and economical management and by producing all feed stuffs, as well as young stock for keeping up herd, on our own farms we hope to produce at the minimum cost and intend giving the public the benefit. We are now prepared to take a limited number of customers at 8 quarts for \$1.00 during winter season and 9 quarts for \$1.00 for summer season.

PERMANENCY of delivery is guaranteed to any part of the city.

Should experience prove that we cannot produce at this low cost and are compelled to raise the price, we guarantee that the price will not be increased to customers on our list prior to December 1st, 1923, or to those we are unable to supply at present, but who have had their names placed on our waiting list prior to that date.

Considering that milk is the most important food which comes into the household, but the most easily affected by injurious contamination, the slight extra cost for an assurance of getting the best is negligible and will not be felt seriously in the family monthly budget.

YOUR order may be telephoned direct to the farm No. 1105 r 3, but for safety recommend a written order mailed to the farm address R.R. No. 5, Kingston.

W E are very anxious to give a perfect service of delivery and it will be appreciated if any discourtesy or inattention on the part of distributors be reported to the manager at once.

THE stable is open for inspection to the General Public at any hour, but recommend a visit during milking operations any afternoon from 4 to 6. A pleasant drive, good roads. Only 4 miles from Outer Station on the road to Battersea.

C. W. LANGWITH, Manager

Sound Development

Incorporated

Twelve years before Confederation

Business

July 8

For the purpose of providing sound banking for the growing business of the farmer, miller and trader of those early

By men of foresight and vision Opened for who laid its foundations on conservative lines and started the building of its ample

To-Day Capital: \$5,000,000 Reserves:

\$7,000,000

We offer to business men and farmers and to all who carry a deposit account or who need banking accommodation, the facilities and experience gathered in our 67 years of banking operations, together with a courteous, efficient service by a capable staff.

**BANK®TORONTO

BRANCHES

T.YNDHURST KINGSTON

terable silences of the sumit of Owl's not want to weep if Miss Williams life. had not so deftly ard artistically Hodgins runs the bug department in effective separation between the livtransported us in very reality to that his paper, and that it is a very good ing and the dead is a very proper arnoble pinnacle before kicking us one. May Sinclair's Latest.

"Uncanny Stories," by May Sin clair (Macmillan, Toronto, \$2,50) is a collection of six ghost stories and one tale about psychic curative powers, all told with Miss Sinclair's customary skill in the suggestion subtle mental processes. The ob ject of the ghost stories is not to horrify, but'to depict what might be expected to happen if the dead did actually continue to remain in their old haunts and to exhibit their old personal characteristics. The reflection which is most forcibly induced in us is that it is just as well that

Everybody's Medicine be taken organa. Everybody will find benefit in Beecham's Pilla. They aid the

named and a supplementary of the After Influenza-SCOTTS EMULSION to build you up

We are convinced that Mr. , they do not, and that a clean and rangement. For the capacity for making trouble, which is the one human characteristic in the depiction of which Miss Sinclair is always most successful, seems to be incalculably enhanced by death, and her ghosts are far less desirable associates than her living people-which is no high testimonial. The book

must be read by all Sinclairites, but

it is not one of the more important

examples of this author's work.

Death of Mrs. Emma Jane Clow. The death took place on Wednesday at Athens of Mrs. Emma Jane Clow. She was a daughter of late Mr. and Mrs. Robert Dobbs, and Escott sixty years ago. She is survived by one sister, Mrs. Mary De-Wolfe, Athens. Deceased was for a long period. The late Clow was a Methodist and an active member of the Women's Missionary

A Wedding at Wooler. A wedding of interest to the peole of Trenton, Frankford, Wooler and Belleville, took place on Oct. 8th, at Wooler, when Miss Jane Frances Bruyea, daughter of Mr. and Mrs. John Bruyea, Wooler, was narried to William Shith, son of William Smith, Belleville. Miss Nellie Bruyea, sister of the bride, acted as bridesmaid, and Philip Smith. brother of the groom, was best man.

Articles of agreement are a great many times the cause of a vast amount of disagreement.

TO MAKE RICH RED BLOOD Revitalize Your Worn-out Exhaust-

ed Nerves and Increase Your Strength and Endurance ch people usually take, but pure oric iron—Nuxated Iron— which is
the iron in your blood and like
iron in spinach, lentils and apples.
s dose of Nuxated Iron is estimated to be approximately equivalent (in or-ganic iron content) to eating one-half quart of spinach, one quart of green vegetables or half a dozen apples. It is like taking extract of beef instead of eating pounds of meat. Nuxated Iron is partially predigested and ready for almost immediate absorption and as-similation by the blood, while metallic iron is iron just as it comes from the action of strong acids on small pieces of iron filings. unded by the manufacturers if you

o not obtain satisfactory results. Beware of substitutes. Always insist on having genuine organic iron—Nux-ated Iron. Look for the letters N. I. on every tablet. Sold by all druggists. NUXATEDIRON

REMOVAL NOTICE L. C. Hemsley WATCHMAKER

Has moved to 100 BROCK STREET and now open for business under the name of

109 BROCK STREET

Dry Mixed Slab Wood Best quality Summer fuel. Also Dry Body Hard Maple

Prompt attention given to Chas. Bedore & Son





The importance of perfect sight is all essential to young, middle aged

Errors of refraction can be remedies by Glasses especially made for each particular case.

We are competent optometrists and furnish right glasses for eyes needing assistance.

R. ARTHEY, R.O. VISION SPECIALIST

148 PRINCESS STREET Phone 2108. Open evenings by appointment

.