

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.

To help neutralize these irritating acids and flush out the body's urinous waste, begin drinking water.

This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys and stop bladder irritation.

By all means, drink lots of good water every day. Have your physical examine your kidneys at least twice a year.

BOOKS

WHEN CHRISTMAS CROSSED THE PEACE.

By Nellie L. McClung. Thomas Allen, Toronto, Publishers. Price, \$1.00.

In "When Christmas Crossed the Peace" Nellie L. McClung has given us an attractive little book. She has set her characters in Northern Alberta, the Inland 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."

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 staked 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.

THE CANADIAN ICELANDER.

There could not be a better sign for the future of Canadian literature than the fact that some of more newly arrived elements of the Canadian people are now beginning to acquire the power of self-expression.

A LOST LADY.

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

AN AWFUL ATTACK OF PIMPLES ALL OVER HIS FACE

Pimples breaking out on the face and other parts of the body is a sure sign that the blood is not in proper shape.

While the skin is the object of the attack the real seat of the disease is in the blood, on account of the entire circulation being poisoned.

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 and enriching the blood.

Mr. Conrad Anderson, Kelfield, Sask., writes:—"A year ago I had an awful attack of pimples. They broke out all over my face and I could not get rid of them in any way. One day a friend told me about your Burdock Blood Bitters and let me have a bottle he had to spare. After using it, I noticed a change, so I bought three more bottles, and now I don't know there is such a thing as pimples."

B.B.B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Old Times in Eastern Townships.

"Spinning Wheels and Home-spun," by Helen E. Williams (McClelland & Stewart, Toronto, \$2.50), is a Canadian Book, a very ambitious book, and on the whole a very successful book. It is an effort to embody in words (much assisted, it is true, by the experienced and equally Canadian pencil of the illustrator, C. M. Manly) the "atmosphere" of a large number of rural scenes, both natural and human, of this fair Dominion, but chiefly of that old and lovely part of it called the Eastern Townships. It is not a perfectly successful book. There is a point beyond which Miss Williams' style, usually simple, honest and loving, seems unable to go without sliding off into amateurishness. It hurts the sensitive reader's eyes. It is taken to the top of a (for the Eastern Townships) exceedingly high mountain, and shown in all their glittering color the vast expanse of flashing lakes and velvet forest-tops below them, to learn that to Miss Williams their coloring has "something operatic" about it, and that "momentarily you expect to see Scotti mounting from Nagasaki and the sea."

Scotti, and his tinkling gongs, and his brassy orchestra, amid the unutterable silences of the summit of Owl's Head! It is to weep! But we should not want to weep if Miss Williams had not so deftly and artistically transported us in very reality to that noble pinnacle before kicking us down so bathetically to the tawdry artificiality of the opera house. 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 give us a yet better one.

Taking Life Lightly.

Mr. Norris Hodgins is a young Canadian whose serious business, we believe, consists in teaching farmers 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 perhaps get more fame, out of his secondary vocation, which is that of writing amusing skits upon well-known foibles of human nature such as the universal anxiety to get bachelors married. Forty-one of these skits (and they are all good subjects, and how he got so many good subjects passes our comprehension—the skits are easy to write but subjects 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. Johnston, and the whole thing is called "Why Don't You Get Married?" All are amusing, but one of the best is "Bugs We Could Do Without"—which proves that a man can be funniest about his own serious task in

Hemlock Park Stock Farm CLEAN PURE MILK

(A. H. FAIR, SOLE PROPRIETOR)

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

A 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.

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 45o 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.

WE are very anxious to give a perfect service of delivery and it will be appreciated if any discourtesy or inattention of 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

Prince George Hotel TORONTO In Centre of Shopping and Business District 230 ROOMS

Keep Jack Frost Away WITH AN ELECTRIC HEATER Only the best in stock—Westinghouse, Majestic, National, Equator. Graham Electric Princess St. Phone 1944

Sound Development

Incorporated 1855 Twelve years before Confederation

Opened for Business July 8, 1856

To-Day Capital: \$5,000,000 Reserves: \$7,000,000

THE BANK OF TORONTO Incorporated 1855 BRANCHES KINGSTON WYNDHURST

life. We are convinced that Mr. Hodgins runs the bug department in his paper, and that it is a very good one.

May Sinclair's Latest, "Uncanny Stories," by May Sinclair (Macmillan, Toronto, \$2.50), is a collection of six ghost stories and one tale about psychic powers, all told with Miss Sinclair's customary skill in the suggestion of subtle mental processes. The object 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

they do not, and that a clean and effective separation between the living and the dead is a very proper arrangement. 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 the late Mr. and Mrs. Robert Dobbs, and was born in the Rear of Yonge and Ecott sixty years ago. She is survived by one sister, Mrs. Mary De Wolfe, Athens. Deceased was ill for a long period. The late Mrs. Clow was a Methodist and an active member of the Women's Missionary Society.

A Wedding at Wooler. A wedding of interest to the people of Trenton, Frankford, Wooler and Belleville, took place on Oct. 5th, at Wooler, when Miss Jane Frances Bruyas, daughter of Mr. and Mrs. John Bruyas, Wooler, was married to William Smith, son of William Smith, Belleville. Miss Nellie Bruyas, 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.

Everybody's Medicine Beecham's Pills may be taken with perfect safety by young and old. Everybody needs something at times to help the digestive organs. Everybody will find benefit in Beecham's Pills. They aid the digestive organs.

BEECHEM'S PILLS Largest Sale of Any Medicine in the World

After Influenza SCOTT'S EMULSION to build you up

TO MAKE RICH RED BLOOD

Revitalize Your Worn-out Exhausted Nerves and Increase Your Strength and Endurance. Organic Iron; not metallic iron which people usually take, but pure organic iron—Nuxated Iron—which is like the iron in your blood and like the iron in spinach, lentils and apples. One dose of Nuxated Iron is estimated to be approximately equivalent (in organic 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 assimilation by the blood, while metallic iron is iron just as it comes from the action of strong acids on small pieces of iron filings. Over 4,000,000 people annually are using Nuxated Iron. It will not injure the teeth nor disturb the stomach. A few doses will often cleanse the system, and your money will be refunded by the manufacturer if you do not obtain satisfactory results. Beware of substitutes. Always insist on having genuine organic iron—Nuxated Iron. Look for the letters N. I. on every tablet. Sold by all druggists.

NUXATED IRON

REMOVAL NOTICE L. C. Hemsley WATCHMAKER Has moved to 100 BROCK STREET and now open for business under the name of HEMSLEY & SON 100 BROCK STREET

Dry Mixed Slab Wood

Best quality Summer fuel. Also Dry Body Hard Maple; cut to suit your stove. Prompt attention given to all orders. Chas. Bedore & Son 274 NELSON STREET Phone 1746J.

Glasses for Young and Old

The importance of perfect sight is all essential to young, middle aged and old. Errors of refraction can be remedied 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.