

BEST'S Christmas Suggestions

Toilet and Manicure Sets.
Shaving Sets.
Perfumes in cases.
Perfume Atomizers.
Fancy Stationery.
Fountain Pens.
Powder Compacts.
Safety Razors.
Cameras.
Chocolates.

A big display of beautiful and useful gifts.

OPEN EVENINGS.

L. T. Best
Druggist
Phone 59.

FOR SALE

8100—Frame Banglow, 5 rooms, toilet, electric lights, Lot 22111.
8100—Frame, Portmouth, 7 rooms, electric lights.
8200—4 rooms, toilet and electricity. Several to choose from.
8300—Frame, 7 rooms, 3 p. bath, furnace; nice location; stable and garage; electricity.
8370—For 3 stone Cottages. A Snap for quick buyer.
8000—Stone, 10 rooms, hot water heat, electric light, h.w. Score throughout a beautiful home.

Bateman's
Real Estate
136 Wellington St.

SMITH BROS
JEWELERS
LIMITED
ESTD 1840
King St. Kingston

SOWARDS

STARTS WITH SERVICE, ENDS WITH SATISFACTION
SOWARDS KEEPS COAL AND COAL KEEPS SOWARDS

PHONE 125.

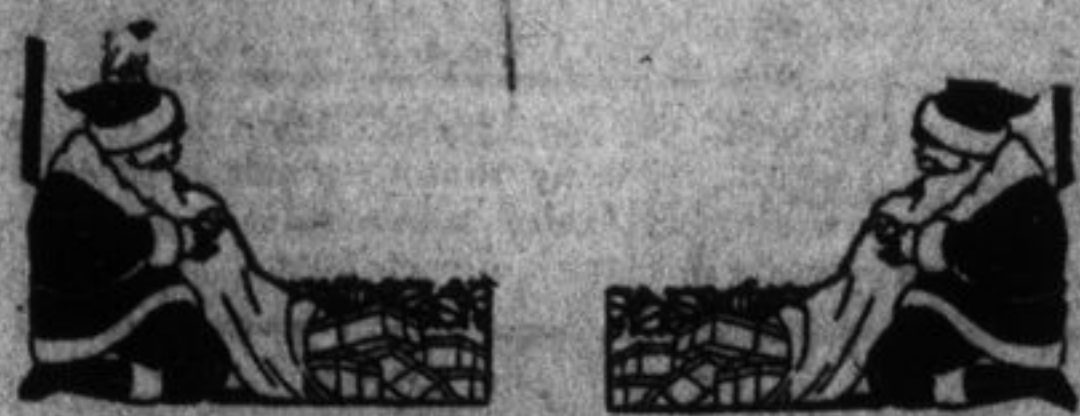
UPTOWN OFFICE: McGALL'S CIGAR STORE. PHONE 811.

USEFUL PRESENTS

Universal Food Choppers . . . \$1.75, \$2.00
Aluminum Percolators—
\$5.00, \$6.00, \$6.50, \$7.00
Electric Heaters—
\$5.00, \$6.50, \$7.50, \$10.00
Skates.
Medicine Cabinets . . . \$3.00, \$4.00, \$7.50
Bathroom Fixtures.
Tools of all descriptions.
Electric fixtures \$2.00 to \$25.00
Sleighs \$1.50
Knives, Razors and Scissors.
Nickel Teapots. Pyrex Oven Glass
Electric Irons and Toasters. Fire Sets.

McKelvey & Birch, Limited

General Contractors, Heating Specialists, Steam Fitters and Plumbers,
Joiners of Finest and Gun-Fitted Supplies, Stoves, Shelv, Heavy
and Home Furnishing Hardware, Tools, Oil, Best Supplies, Sheet Metal
and Tin Work; Electric work; Painting and Paper Hanging. Special
work of all kinds undertaken.



WE WISH OUR FRIENDS AND
PATRONS
A MERRY CHRISTMAS

I. F. Harrison Co., Limited Phone 90

CHILD'S STORY OF THE HUMAN RACE By Uncle Ray

Pilgrims at the Shrines of Saints.
Walking, riding horseback, jogging along in carts, sailing over the sea—these were the ways people got from place to place during the Middle Ages.

There was one kind of person that almost always walked—the pilgrim.

Pilgrims were men and women who wanted to visit some sacred place. Palestine was the most important. It was called the Holy Land, because Jesus spent his life there.



A Pilgrim.

Rome was another place pilgrims liked to visit. They were always glad when they could see the pope and get him to give them his blessing.

A great many persons in western Europe could not afford such long trips. They visited the "shrines"

of saints. A saint was a person who led a very holy life.

A shrine was a place where people went to pray. Sometimes the saint was buried at that spot. In other cases, he had lived near it. Often a spring was called holy because a saint had drunk some of its water.

Many persons believed they could be cured by going to a shrine and touching the bones of a saint, or by drinking the spring water.

Pilgrims were treated well by families who lived along the road. Seldom were they turned away when they asked for food.

It is said that many poor persons quit their homes and wandered around most of their lives as pilgrims. By so doing, they got food and shelter without any labor—except walking and talking.

The talking part was important. In those days there were no printing presses in Europe. There were no newspapers like the ones of today. People had to get their news from letters—or by talking to others. In trade for food, we might say, the pilgrims told the news of the places they had visited.

Quite often, the pilgrims made spending money by selling relics from the shrines. Such relics seem to have been sold on a wide scale near certain holy places. Pilgrims bought them and carried them away to sell to people who could not visit the spot.

Sometimes the relic was the joint of a bone. Sometimes it was a hair or two, sometimes a rag said to have been cut from the saint's clothing.

CHRISTMAS.

By W. S. MacTavish, Belleville.
We may not hear the angels sing again,
The gladsome strains they sang o'er Bethlehem,
But we should chant with joy the sweet refrain
Of "Peace on earth,"—the chorus sung by them.

And let us gladly seek the furtherance
Of tranquil times, when battle flags are furled;
By kindly word and deed let us advance
The reign of peace in this war-weary world.

With courage let us face the task entailed
By a quadrennium of war and strife;
And seek, by peaceful means—where carnage failed—
To propagate the nobler things of life.

With loving hands let us remove the scars,
And let us pray in faith that wars may cease,
And let us end our vain appeals to Mars,
And usher in an age of love and peace.

PERTH ROAD PARAGRAPHS.

The Christmas Entertainments Are Being Looked For.

Perth Road, Dec. 19.—The severe weather of this week has frozen the roads and made it quite rough in places. Many are looking forward to attending the Christmas entertainments at Wilmur school and at Perth Road United church. Mr. and Mrs. R. Thompson spent Tuesday in the city. On Wednesday Mr. and Mrs. R. Stonness, accompanied by Mrs. R. McCrimmon, motored to Kingston. E. Stokes spent Wednesday afternoon at Sydenham. Misses Pauline Roberts and Luella Slack are both convalescent of scarlet fever. A number from the vicinity enjoyed a pleasant evening at Mrs. Sills', Leland.

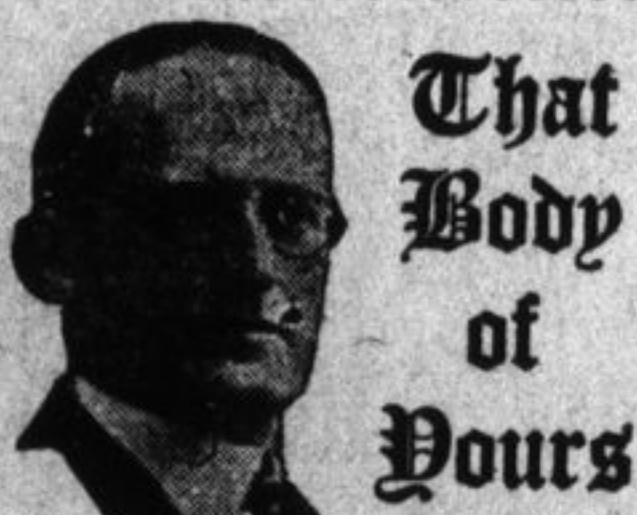
Boyce Campbell was a recent caller at R. Thompson's. Elwood Shales visited friends at Battersea recently. Miss M. Howe spent the week-end in Kingston. Cairds, the poultry buyer, was around recently. H. Amey spent Wednesday in Kingston.

All are glad to hear that Mrs. H. Amey, who is undergoing treatment at the Kingston General hospital, is improving.

The Late Charles Joyner.

The funeral of the late Charles Joyner took place from the family residence, Sydenham street, at 10 o'clock Thursday, Dec. 20th. The service was conducted in the Methodist church by Rev. Mr. Hollingsworth, assisted by Rev. Mr. Wilson. Mr. Joyner was born in Sydenham and spent the greater part of his life there. Besides his widow, he leaves four sons and four daughters to mourn the loss of a kind father: Mrs. Frank Wallace, Harrowsmith; Mrs. George Freeman, Sydenham; Edward Joyner, Kingston; Mrs. Earl Warner, Yarker; George Joyner, Glenburnie; Frank Joyner, Kingston, and Miss Hazel Joyner, at home, also two brothers and two sisters, Schayler Joyner, Sydenham; Henry Joyner, Los Angeles, Cal.; Mrs. Helen Duff, Kingston; and Mrs. (Sills) Campbell, Starbuck.

Mrs. Richard Coulson, Thomasburg, passed away early on Dec. 17th. The deceased was highly respected of a generous and kind disposition.



By James W. Barton, M.D.

That Body of Yours

A Thought on Blood Pressure.
You have had your blood pressure taken during an examination for insurance, and the reading has been rather high.

You are not rejected, but the physician suggests that you come in at a different hour, some other day. He speaks reassuringly and you drop in perhaps two days later. The reading is considerably lower, and you are accepted without question.

What has made the difference in the readings?

Well, the first day you were very nervous, much excited by the examination. It was your first examination possibly.

Perhaps you had just eaten a very hearty meal, and had gone directly to the physician's office after eating.

Perhaps you were somewhat constipated which would also result in a high reading.

And so physicians whilst still finding the blood pressure instrument of great use in diagnosing conditions nevertheless are recognizing that various conditions not necessarily serious can make a difference in the readings.

Because after all, your blood pressure may be only a temporary condition just as you have a rapid pulse or high temperature during some slight illness.

As a matter of fact many people have a high blood pressure normally. It would appear to run in families and doesn't effect their general health as they have no disorder whatever with the heart or kidneys.

You see high blood pressure simply means that the heart is working harder.

This may be due to some poisons it is trying to drive out of the system.

This something may be of just a temporary nature, and the heart, blood vessels and blood pressure become normal again when it is removed.

On the other hand if it be persistent, is present at all hours of the day, and lasts for some time there may be some underlying cause, such as kidneys that are not working properly.

The symptoms are puffiness under the eyelids and frequent urination. Perhaps it is of a hereditary nature as seen in large fleshy people. Or it may be in old people about 65 who have worn themselves out.

So high blood pressure should not alarm you whatever, unless some other trouble with heart, kidney or blood vessels is present.

Napance Personal.

Fred Tilley, Toronto, is in town for Christmas, the guest of his sister, Mrs. W. S. Herrington.
Miss Mildred Brown, Toronto University, is at home for the holidays with her parents, Mr. and Mrs. Wellington Brown, East street.
Miss Helen Wallace, daughter of Mr. and Mrs. T. B. Wallace is home for Christmas.
Busy but not too busy to sell your quality Radio for Christmas. Canada Radio Stores.
Harry Lott, Sidney, sustained a fractured shoulder blade in an auto collision on Thursday night.

PROBS:—Tuesday, fair and somewhat milder.

STORE OPEN TO-NIGHT

Continuously as on Saturday for the convenience of Christmas Eve Shoppers.



A MERRY CHRISTMAS TO ALL!

A MERRY CHRISTMAS TO ALL!

Christmas Eve in Toyland



A Great Half-Price Sale



Everything must be cleared away to-night regardless of cost. Our entire stock of Dolls, Kiddie Cars, Sleighs, Hockey Sticks, Plush Animals, Mechanical Toys, Books, Games, etc., etc. All marked in plain figures at half the marked price. No restrictions!

Last Minute Gift Suggestions

	FOR WOMEN	FOR MEN	For Children
Gloves.	Waists.	Socks.	Hosiery.
Hosiery.	Neckwear.	Shirts.	Underwear.
Umbrellas.	Linens.	Ties.	Handkerchiefs.
Handkerchiefs.	Underwear.	Pyjamas.	Snow Suits.
Kimonas.	Whitewear.	Handkerchiefs.	Sweaters.
Dressing Gowns.	Hand Bags.	Gloves.	Mitts.
	Sweaters.	Umbrellas.	Gloves.

Our Annual Year-end SALE

Starts Wednesday and Continues to Monday, Dec. 31st.

A great bargain occasion, offering seasonable wanted merchandise at advantageous price concessions.

WEDNESDAY FROM 9 TO 5.30 O'CLOCK

Double Discount Stamps

This is the opening gun to the greatest year end sale in our history.

STEACY'S - Limited