

PRECAUTION!

Flu in a mild form is prevalent at present in this district. Experience has proved that Dr. Hickey's Flu and Cold Capsules are the best preventative and relief for this distressing malady.

A few capsules taken now will save suffering and inconvenience.

Hickey's Speedy Relief will put an end to that early Fall cough.

Hickey's Analgic Rub for all pains. Gives instant results. 25 Cents.

L. T. Best Druggist

FOR SALE

- \$2,200 - Frame dwelling, 6 rooms, electric light and toilet. Good location.
\$3,500 - Frame, 8 rooms, B. and T., electric lights and furnace. Good lot.
\$7,500 - For three brick houses. Toilet and electric light. Good location. Good investment.
Vacant lots; good business stand - cheap.

TO RENT several houses, \$10 to \$20. Bateman's Real Estate 111 1/2 BRUCH ST., KINGSTON Telephone 1925P.

We are showing some very attractive designs in

ENGLISH SOLID BRASS CANDLESTICKS

PRICED FROM \$5.50 per pair

Our stock of ENGLISH LEATHER GOODS

is also very complete. These goods are beautifully finished in both Suede and Morocco and comprise a great variety of articles.

SMITH BROS JEWELERS LIMITED ESTD 1874 King St. Kingston

RADIO BROADCASTING

SUNDAY, NOVEMBER 23.

KDKA (326) Pittsburgh, Pa. 11 a.m.—Services of the Point Breeze Presbyterian Church, Pittsburgh, Pa.

4.45 p.m.—Concert. 4 p.m.—Organ recital by Dr. Charles Helmer. 4.45 p.m.—Vesper services of the Shadyside Presbyterian Church, Pittsburgh.

6.30 p.m.—Dinner concert by Seals's orchestra. 7.30 p.m.—Services of the Calvary Episcopal Church.

WBZ (337) Springfield, Mass. 10.45 a.m.—Church services transmitted from the Church of the Unity.

8.30 p.m.—Concert direct from the Estey Organ Company. 9.30 p.m.—Programme by Ethel Curry, soprano; Alma Gerrish, accompanist; Matthew J. Dickinson, baritone; C. Edward Eaton, accompanist.

WGR (319) Buffalo, N.Y. 4 p.m.—Organ recital. 7.15 p.m.—Pre-service organ recital.

KYW (536) Chicago, Ill. 11 a.m.—Central Church service. Musical programme will be given under the direction of Daniel Protheroe.

2.30 p.m.—Studio chapel service will be broadcast from KYW's studio in the Commonwealth Edison Building. The conductor of this service will be announced by radiophone.

7 p.m.—Chicago Sunday Evening club. Special musical programme.

WHAT (400) Louisville, Ky. 9.57 a.m.—Organ music. 4-5 p.m.—Choral Evensong service from Christ Church Cathedral.

WCAP (469) Washington, D.C. 11 a.m.—Service at First Church of Christ, Scientist, of Washington. 7.20 p.m.—Musical programme by "Roxy and His Gang."

9.15 p.m.—Organ recital. KGW (492) Portland, Ore. 6 p.m.—Church services sponsored by Portland Council of Churches. 7 p.m.—Dinner concert.

WFAA (630) Dallas, Tex. 9-9.30 p.m.—Choristers from East Dallas Christian Church. 9.30-11 p.m.—Ray Jones and his Heavenly Seven orchestra in popular music recital.

KHJ (395) Los Angeles, Cal. 10.30 a.m.—12.30 p.m.—Organ recital and entire religious service from the First Methodist Episcopal Church.

6.30-7.30 p.m.—Art Hickman's Concert Orchestra. 7-7.30 p.m.—Organ recital from the First Methodist Episcopal Church. 10 p.m.—Programme presenting the Golden West Commandery Band.

MONDAY, NOVEMBER 24.

KDKA (326) Pittsburgh, Pa. 9.45 a.m.—"Stockman" reports of the Pittsburgh live stock markets; general market review and agricultural items.

12 noon—"Stockman" reports of the Pittsburgh live stock and wholesale produce markets. 6.30 p.m.—Dinner concert by the KDKA Little Symphony orchestra.

7.15 p.m.—Radio rhymer and his magical rhyme machine. 8 p.m.—Address. 8.40 p.m.—Opera made up of Mother Goose rhymes, "Storyland"; music by Harvey B. Gaul. To be given by girls and boys from Calvary Episcopal Church choir, Pittsburgh, Pa., and the KDKA Little Symphony orchestra.

WFAA (630) Dallas, Tex. 8.30-9.30 p.m.—Musical recital. KHJ (395) Los Angeles, Cal. 12.30-1.30 p.m.—Programme presenting Carlyle Stevenson and his orchestra, from the Bon Ton Ballroom, Venice.

WBZ (337) Springfield, Mass. 6 p.m.—Dinner concert by the Westinghouse Philharmonic Trio. 7 p.m.—Market report as furnished by the United States Department of Agriculture at Boston. 7.05 p.m.—Bedtime story for the kiddies.

8 p.m.—Piano recital. 8.15 p.m.—Soprano recital. 8.35 p.m.—Entertainment by Mr. "Wallie" Seitz. 8 p.m.—Concert by the Aleppo Drum Corps. 9.30 p.m.—Concert by the Westinghouse Philharmonic Trio, and Mrs. Lilla Ladd, contralto; Mrs. Lydia Pool France, accompanist. 10.01 p.m.—Musical programme. 10.30 p.m.—Programme of dance music.

WHAS (400) Louisville, Ky. 4.5 p.m.—Selections by the Alamo Theatre orchestra. 4.55 p.m.—Local livestock produce and grain market reports. 5 p.m.—Official Central Standard time announced. 7.30-9 p.m.—WHAS is silent on Monday nights.

WCAP (469) Washington, D.C. 8.30 p.m.—Misses Mary and Elizabeth Keyes will entertain with violin, harp and song.

WWJ—The Detroit News. 9.45 a.m.—Public Health Service bulletins and talks on subjects of general interest. 3 p.m.—The "Detroit News" Orchestra. 3.55 p.m.—Market reports.

8.30 p.m.—The "Detroit News" Orchestra.

KGW (492) Portland, Ore. 5 p.m.—Children's programme; travel story by Aunt Nell. 8 p.m.—Concert by the Oregonian Concert Orchestra.

WAHG (316) New York City. 8 p.m.—Madelyn Marshall Simon, pianist. 8.15 p.m.—Claire Weiss, sings with ukelele. 8.30 p.m.—Paul Rusinsky, violinist.

8.45 p.m.—Beatrice Dunn, mezzo soprano. 9.20 p.m.—Santa Claus introduction. 9.25 p.m.—Myron Summerfield, saxophone. 9.35 p.m.—William T. Taylor, baritone. 9.30 p.m.—Paul Rusinsky, violinist.

10 p.m.—Claire Weiss, songs, with ukelele. 10.25 p.m.—Beatrice Dunn, mezzo soprano. 10.30 p.m.—Myron Summerfield, saxophone. 10.40 p.m.—Vic's Orchestra.

KYW (536) Chicago, Ill. 9.30 a.m.—Late news and comment of the financial and commercial markets. 6.35 to 7 p.m.—Children's bedtime story.

Complete radio programmes sold at Canada Radio Stores.



That Body of Yours

By James W. Barton, M.D. The Thyroid And The Rapid Heart Beat.

During the examination of recruits for overseas service, the matter of goitre was closely watched.

If there was an enlargement of the thyroid gland, then a search was made for other symptoms, such as tremor, bulging eyes, and rapid heart action.

Where there was but the enlarged thyroid and the rapid heart, there was just the question as to whether or not it was safe to let the man go overseas.

In other words, ten years ago, the rapid heart action was thought to be due to the enlarged thyroid.

In some of these cases there was a definite amount of infection in the teeth and tonsils, and these men were advised to get these conditions cleared up.

The extraction of teeth, and the removal of the tonsils, had rather striking effects.

In some, the thyroid did not get perceptibly smaller, and yet the heart action became slower, normal in fact. In others, the thyroid became normal and the heart also.

This gave a new light on things, because it showed that the enlarged thyroid was not the direct cause of the rapid heart, but that the heart action was increased, and the thyroid enlarged by the same thing, namely poison in the blood.

Any poison in the blood is going to disturb the heart action, causing a fast and often irregular beat, because the muscle of the heart can be affected, just like any other tissue in the body.

Now although most of the simple goitres are caused by a lack of iodine in the system, this knowledge that poison from any infected part of the body may be causing them, is certainly worth knowing.

Further, that rapid heart action, or irregular action that has been mystifying or worrying you, may be due to some simple infection from teeth, tonsils, gums, sinuses about the nose, gall bladder, or intestine.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

Let your doctor look you over.

PROBS:—Sunday, north-west winds and somewhat colder.

See Our Windows for Added Sale Attractions

To-night at Steacy's Greatest November SALE!!

Never in all our history has a sale been accorded the instantaneous response of the shopping public as was this sensational FARE REFUND AND MAIL ORDER COMPARISON SALE on its opening days, Friday and to-day.

Hundreds of bargain-wise shoppers are daily taking advantage of the super-values being offered. Come to-night and every day next week and save from 25 to 50% on every dollar you spend! It's a real bargain event. We do not fake you with wild price comparisons, every article is exactly as stated or your money refunded!

WHITE FLANNELETTE NIGHT GOWNS, 98c. 60 only, White Flannelette Night Gowns with short sleeves and round necks. Full sized. Regular \$1.50 each.

SILVER SHEEN UNDERSKIRTS To-night 95c. each 120 best quality Silversheen Underskirts in Shutter-Green, Old Gold and Arab shades in shot effects. Special values at \$1.75 each to clear.

SPORT HOSE 75c. a Pair 300 pairs Mercer-Lisle Sport Ribbed Hose in colors Dove, Meadow-lark and Brown—all sizes. Regular \$1.00 a pair

PENMAN'S CASHMERE HOSE, 39c. PR. 180 pairs, extra heavy Cashmerette Hose, in colors Navy, Brown and Cream. Regular 75c. and \$1.00 a pair. Buy them and dye Black. All sizes.

MEN'S WOOL COAT SWEATERS, \$1.69 EA. 24 heavy wool Coat Sweaters with convertible roll collars, in the Brown Heather shade. Sizes 38 to 44. Regular \$2.50 each.

BOYS' FLANNELETTE NIGHTSHIRTS, 69c. ea. 72 only, heavy, colored, striped Flannelette Night-Shirts, in sizes 10 to 14 years. Well made and full sized. Regular \$1.00 each.

WOMEN'S FLEECE-LINED BLOOMERS, 79c. PAIR 180 pairs of Penman's fleece-lined Knitted Bloomers, in colors Flesh, White and Grey—all sizes. Special values at 90c. pair.

12-4 FLANNELETTE BLANKETS \$2.49 PAIR 60 pairs, heavy, White Flannelette Blankets—double bed size. First quality mill over-makes. Regular \$3.25 a pair.

See Our Windows Tonight and watch this space daily for added special attractions!

STEACY'S - Limited

"Kingston's Shopping Centre"

GET ONE OF OUR SPLENDID ELECTRIC HEATERS

For that cold room, ranging from \$4.00 to \$20.00

H. W. Newman Electric Co. 167 PRINCESS STREET PHONE 441

RADIOLA For every home and Every Purse

Radiola IIIA. Range up to 1,200 miles. Improved selectivity. Minimum radiation.



Westinghouse Radiolas and all other guaranteed instruments sold in Kingston by CANADA RADIO STORES EASTERN ONTARIO'S RADIO HEADQUARTERS

YOU BUY WHEN! Piano appeals to the most ascetic taste. The exceptional tone quality in the Weber HEAR FOR YOURSELF AND BE CONVINCED. AT C. W. LINDSAY'S Warerooms, Princess Street

WHY THE WEATHER?

By CHARLES F. BROOKS Secretary, American Meteorological Society, Tulsa, Okla.

Healthful Sunshine.

The distribution of bright sunshine and the winter advertisements of sunny resorts assume a new significance as a result of recent investigations concerning the physiological value of ultra-violet light. The curative value of sunlight has been known for years, but the nature of the effect of sunlight has been but imperfectly understood. During the last two years, however, great advances have been made in understanding the nature of the curative action of sunlight and of foods like cod-liver oil, in cases of rickets. The curative foods give off ultra-violet light as a result of chemical change, and, therefore, act as does any other source of ultra-violet light, such as sunlight outdoors or passing through quartz windows, or the light from a quartz screened mercury-vapor lamp. Substances such as cod-liver oil, egg yolk, bile, and sperm oil naturally radiate ultra-violet light care rickets; other

foods that have been exposed to ultra-violet light acquire curative properties. Even irradiated air seems to be more effective than air not so treated. The marked effect of ultra-violet light in promoting the growth of chickens, indicates that we have not heretofore sufficiently appreciated the essential importance of such radiations in the physiology of higher organisms.

It is evident that, while quartz windows, quartz lamps and irradiated food will become popular, many people will prefer the natural light from the sun and sky out-of-doors. And we should soon see advertisements of winter resorts proclaiming the benefits of their plentiful supply of natural ultra-violet light and the dangers of the low values during winter in smoky, cloudy cities.

See Tweedell's \$25 overcoats. Stratford Council of Women yesterday advocated the election of strong progressive men for civic offices, and pledged their support to such candidates. Portsmouth taxpayers save two per cent. discount by paying on or before November 29th. See Tweedell's \$22 overcoats. Cross word puzzle books. Uglow's.

Baker's Chocolate advertisement featuring an illustration of a man and woman, and text: 'I never tasted such Chocolate Cake before! With a filling and icing made from Baker's Chocolate (PREMIUM NO. 1) By all means the most satisfactory chocolate for cooking and drinking. WALTER BAKER & CO. LIMITED MONTREAL, CANADA. DORCHESTER, MASS. WHOLELY OF CHOICE INGREDIENTS SENT FREE'