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Facts About Optometry
By
R. Arthey, Optometrist
148 PRINCESS STREET
NO. THIRTY-THREE
Just why are eyes strained by abnormal vision?
The perfect eye (which is practically never found) focuses light perfectly, the imperfect eye imperfectly.
This imperfect focusing of light causes strain?
Yes, the imperfect eye tries to focus light perfectly, in which attempt the muscles of the eyes are put to a severe and nerve-racking strain.
It is really the tired muscles that produce the effect of strain?
Yes, eye strain is muscle strain.
(To be continued.)

Sunday Services in Churches

St. Paul's—Morning prayer, 11 o'clock, preacher, Rev. Canon FitzGerald, M.A.; Sunday school, 3 p.m.; evening prayer, 7 p.m., preacher, Rev. Canon FitzGerald, M.A. Christmas Day, holy communion at 8 and 11 a.m.

Gospel Hall—(Orange Hall, Princess Street). Lord's Supper, 11 a.m.; Sunday school and Bible class, 3 p.m.; gospel service, 7 p.m.; Evangelist Garnet and William Thomas will have charge of the gospel service. The four Welshmen will sing.

St. Andrew's Presbyterian—Rev. John W. Stephen, minister. Public worship, 11 a.m. and 7 p.m., conducted by the minister. Students, soldiers and strangers cordially invited. Sunday school and Bible classes, 3 p.m.; Christmas service, Thursday, 11 a.m.

Princess Street Methodist Church—Rev. John K. Curtis, B.A., minister. 11 a.m. subject, "The Power of God"; 2:45 p.m., Bible school; 7 p.m. subject, "Jesus and Woman-kind," third in series—Life of Jesus. Special Christmas music. Mr. Carol Cannon will assist with violin. You are cordially invited.

Bethel Congregational Church, corner Barrie and Johnson streets—Rev. J. Alex. Miller, minister, 92 Clergy street W. 11 a.m., "The Message of Christmas"; 7 p.m., Rev. C. B. Baldwin, B.B. Subject, "An Empty Cross." Sunday school, 3 p.m. Christian Endeavor society, Monday, 8 p.m. Prayer service, Wednesday, 8 p.m.

First Baptist Church, Sydenham and Johnson Streets—Rev. J. S. LaFlair, pastor; 10:30 a.m., prayer service; 11 a.m., sermon theme, "Opening the Holy Door." A friendly message to Catholics; 2:45 p.m., Bible school; 7 p.m., sermon theme, "Songs of Christmas." A Christmas song service. Services conducted by the pastor.

St. James' church, corner Union and Barrie streets—T. W. Savary, rector, the rectory, 158 Barrie street. 8 a.m., holy communion; 11 a.m., confirmation service. Preacher, the bishop of the diocese; 3 p.m., Sunday school; 7 p.m., evening prayer and sermon: Sermon subject, "Advent Confidence. Studies in I. These."

Calvary Congregational Church—(The Friendly Church), corner of Bagot and Charles streets. Rev. Frank Sanders, minister. 11 a.m., "The Christmas Story"; 3 p.m., Sunday school. 7 p.m., "God's Great Gift." Christmas services, special music. Young People's Society every Monday evening, 8 o'clock. A hearty welcome and helpful message.

St. Luke's Church, Nelson street—Rev. J. dePencier Wright, M.A., B.D., rector. Fourth Sunday in Advent. 11 a.m., morning prayer; 2:30 p.m., Sunday school and Bible classes; 4 p.m., holy baptism; 7 p.m., confirmation service, conducted by

the Right Rev. the Lord Bishop of Ontario, Rev. Dr. E. J. Bidwell. Seats free. Strangers, students and visitors cordially welcome.

St. George's Cathedral—Very Rev. G. Lothrop Starr, M.A., D.D., dean and rector. Rev. W. E. Kidd, M.A., M.C., curate. Fourth Sunday in Advent. 8 a.m., holy communion; 11 a.m., morning prayer, preacher, the dean. 3 p.m., Children's Gift Service; 4 p.m., holy baptism; 7 p.m., evensong. Preacher, Rev. W. E. Kidd.

Christmas Day—Holy communion at 8:30 a.m., 8 a.m., and 11 a.m.

Christian Science, First Church of Christ, Scientist, 95 Johnson street—Service 11 a.m. and 7 p.m. Subject "The Universe, Including Man. Evolved by Atomic Force." Wednesday, 8 p.m., testimonial meeting including testimonies of healing through Christian Science. Free public reading room where the Bible and all authorized Christian Science literature may be read, borrowed or purchased open every afternoon except Sundays and holidays, from 3 to 5 p.m. All are cordially invited to the services and to make use of the public reading room.

Sydenham Street Methodist—Christmas messages and Christmas music. Morning, Anthem, "Christmas" (Shelley), Misses Anderson, Pollard and choir; Anthem, "Celestial" (Adams); Miss Woodman and choir; solo, "The Virgin's Lullaby" (Beech), Miss Pollard; organ solo, "Holy Night" (Beech); solo, "Glad Tidings of Great Joy" (Denstener); Harold Singleton. Evening, organ, "Christmas Pastorale" (Handel); carol, "Holy Night"; Anthem, "Chime Ye Bells"; solo, "Night of Nights" (Vandewater); Dr. Angrove; violin solo, "Andante Lemaire, Mrs. La France"; solo, "Birthdays of a King" (Neudinger); Miss Woodman; organ, "Communion Noel" (Devred), Miss K. Lyons; solo, "I Know that My Redeemer Liveth" (Handel), Miss Anderson; Anthem, "Hallelujah Chorus" (Handel); organ, "Christmas March" (Mertreit); Organist and conductor, Miss Shaw.

Queen Street Methodist Church—Minister, W. H. Raney, B.A., B.D., 80 Colborne street. 11 a.m., public worship. Sermon: "Christ's Universal Appeal. The Magi and Shepherds Adore." Virgilinus Puerique: "Why the Chimes Rang"; 3 p.m., Sunday school; 7 p.m., public worship. Theme: "Something More Important Than Fundamentalism or Add Queen St Meth Church Notice—Modernism." Morning: Anthem, "O Zion that Bringeth Good Tidings"; Stainer. Mr. Donald La France, violinist, will assist the choir. Evening—Miss Daisy Johnston, violinist, will assist the choir. Anthem, "God From On High" by Stainer. Mixed quartette, "Holy Night" with let and 2nd violin, by Mrs. Crawford, Miss Stagg and Messrs. Middleton and Allen. Solo, "The Birthdays of a King." Neudinger, Judge Lavell. Male quartette, Messrs. Middleton, McCallum, Mason and Skinner. Solo, Mrs. J. Crawford. Anthem, "Like Silver Lampe." Barnaby.

FAVORITE HYMNS AND THEIR WRITERS
By Rev. Archer Wallace

"O LITTLE TOWN OF BETHLEHEM"

Phillips Brooks, the writer of "O Little Town of Bethlehem" was a preacher rather than a poet, but all his life he was very much interested in music. When he was a boy his parents had him and his brothers commit great hymns to memory and recite them on Sunday evenings. Phillips had a remarkably good memory. When he went to college he could recite over two hundred hymns.

He became a minister of the Episcopal Church of the United States and preached first in Philadelphia, and later in Boston. He was very fond of children, and although he was a giant of a man physically, he loved to play and romp with little folks as though he were one of themselves.

In the summer of 1855, while he was rector of Holy Trinity Church, Philadelphia, he started on a year of travel, planning to visit Palestine, and to spend Christmas at Bethlehem. On Sunday, December 24th, he rode on horseback from Jerusalem to Bethlehem, and before dark that evening he went out into the fields where the shepherds were when they saw the glory of the Lord.

He wrote a letter to the boys and girls of his Sunday school in Philadelphia telling them of his wonderful experiences. This is part of the letter: "I do not mind telling you (though of course I should not like to have you speak of it to the older people of the church) that I am

much afraid the younger part of my congregation has more than its share of my thoughts and interest. I remember specially on Christmas Eve, when I was standing in the old church at Bethlehem, close to the spot where Jesus was born, when the whole church was ringing hour after hour with the splendid hymns of praise to God, how again and again it seemed as if I could hear voices that I knew well, telling each other of the 'Wonderful Night of the Saviour's birth, as I had heard them a year before."

No doubt this was when Phillips Brooks got his inspiration to write his famous hymn: "O Little Town of Bethlehem." He wrote it for a Christmas Sunday school service in 1858. He asked Mr. Lewis H. Redner, the organist of the church and a teacher in the Sunday school, to put it to music. Mr. Redner was, of course, very anxious to give a musical setting to the hymn, but nothing seemed to come. The day of the Christmas service drew near, but still there was no music to go with the words of the hymn. The night before the Christmas service was to take place Mr. Redner woke from deep sleep with sweet music ringing in his ears. He hastily took some sheets of paper and jotted down the tune. The next morning, before he went to church he completed it and handed it to Mr. Brooks.

Neither Phillips Brooks nor Mr. Redner seemed to realize what a great thing they had done, and it was a good many years before the hymn became generally known.

Conversion of Zachaeus

By Wm. E. Gilroy, D.D., Editor-in-Chief of The Congregationalist.

Zachaeus lived in Jericho. He was a Jew and a publican, which was a very bad combination, and one that brought him much contempt in his own city. For this meant that his patriotism, and his loyalty, both to his race and his religion, were doubtful. The publican was a tax-gatherer, and as Palestine was under the foreign do-

REVOLT OF YOUTH.

(Continued from page 17)

War always gives young blood a chance. Where would many a prominent leader be if it had not been for the war? Ulysses Grant was hauling cordwood at Galena, Illinois, in 1861. But for the call to arms he probably would have remained with the cordwood.

Arthur Curry was a poor real estate agent in Western Canada in 1914. In 1918 some referred to him as "the fighting corps commander on the western front."

Eric MacDonald, one of the Canadian MacDonalds, was a college chum of mine who, at twenty, did not commend himself of his professors. A twenty-two he was the youngest colonel in the British army, commanding the 10th Battalion with ever-increasing distinction. What chances for incredible promotion came in those dangerous days!

Peace tolerates shams and windbags. War ruthlessly removes all such. General Pooh-Bah, with "every button doing its duty" was a massive figure in 1914. In 1918 Pooh-Bah was on the scrap heap: The trim, keen figure of Eric MacDonald had been lifted to his place.

But peace has come, and the peevish General Pooh-Bah, with bluff and bluster, is to the fore once more. Phoenix, rising from its ashes, has got nothing on the resuscitated power of Pooh-Bah and his ilk.

It would be the part of true statesmanship if our legislators, considering undeveloped resources, would give a thought to the undeveloped resource of youth. The country is infinitely the loser by that array of talent which in a perfunctory yesterday was so quickly apprehended, which back in security, so quickly has been suffered to return into oblivion.

After the last election, in Canada, among our sympathetic veterans were mutterings of the word "ingratitude." Said one, "They soon forget about us fellows and what we did, give us the glad hand, then back it up with a kick in the face." But that is not the opinion of Young Canada. Our defeats were not explained by ingratitude.

The trouble was that we were asleep until the last minute. The old guard politicians were onto the job, morning, noon and night. They had an organization. They had a perfect machine, for which they paid the necessary price in toil and effort.

Delane, of the London Times, who was editor at twenty-three, said in a speech in later life, "The trouble with young fellows to-day is that they are afraid of responsibility."

In this revolt of Youth we are not out for a new political party. We are for a national party that stands fairly for the interests of all, rather than for a selfish group whose platform of statesmanship is, "As long as we get what we want for us farmers, or for us laborers, the rest of the country can go to the bow-wow."

Our hope is not in these quick schismatic groups, our hope is rather in the old parties renewed with strong, clean blood.

Young Canada will even yet blow the breath of new life into Liberal and Conservative, will even yet bring forth reborn the commons and the senate.

General Pooh-Bah and the other Goliaths may despise our Youth, and laugh at our sling and pebbles.

Laugh on, Oh, Pooh-Bah; when you are pushing daisies we will sth be children of the sunshine.

"Time is on our side," was Gladstone's retort to Disraeli. Time is still on the side of Youth. With every funeral we are stronger. But let us not wait too long for dead men's shoes, for the Man with the Scythe has also got his eyes on us.

With so many leagues being formed, it is surely not amiss that there should be for Canada a League of Youth; a league to carry on in peace with the same practical idealism that made us great in war.

"How the old world, groaning underneath its burdens, needs that League of Youth!" says a writer in the Round Table. "Let no one imagine that Europe is now on the highroad to prosperity. That is not yet in sight, and the nations have yet many a long and weary mile through bog, through bush, through brake, through briar."

The staleness and weariness at home and abroad is a call to us, as clear as the call to arms.

The hope of the world is the youth of the world, and our time is now.

chaeus longed to see Him. Why? We do not know. It may have been idle curiosity, or it may have been that Zachaeus had heard that Jesus did not despise men just because other people in the community despised them and he may have had some faint hope that Jesus would befriend him.

He was very little of stature, so he climbed a tree. That would not seem to be a very dignified thing, and, as there was such a throng of people, we may be sure that it only made Zachaeus more conspicuous.

If the crowd was like a crowd today waiting for a procession to pass we may be sure that the boys in the street "guyed" Zachaeus, and made all sorts of fun of him. But Zachaeus did not care for he had determined that he was going to see Jesus.

That is the right way to see Jesus. We never can see Him while our hearts are full of pride, and also we must rise above the throng. So Zachaeus climbed a sycamore where Jesus was to pass.

Jesus Stopped.

And then a strange thing happened. Jesus was looking for Zachaeus even more than Zachaeus was looking for Him. That is always the way. Jesus is always anxious to make himself known.

So, here, He stopped under the tree, and he invited himself to Zachaeus' home. What buzzing of tongues there was! Jesus had gone "to be gusted with a man that was a sinner."

Jesus had no more pride than Zachaeus! What a miserable thing pride is after all! Pride and prejudice do more than anything else to keep people from being decently human.

And how much better people are than we think them when we treat them decently, and give them a chance to treat us in the same way. How little these people of Jericho knew their fellow-townsmen!

Two Theories.

There are two theories of Zachaeus. One is that he had been just an ordinary publican—that he was just a plain disreputable sinner until Jesus came along and shook him out of himself and gave him a chance to become a new man.

Perhaps that theory is right, but there is another, which was finely expressed nearly three-quarters of a century ago by a great preacher in England, Frederic W. Robertson. It is found in his published sermons, and he calls it Triumphant Over Hindrances. Robertson takes the idea that Zachaeus, though he had in some way gotten into a bad business, that offered all manner of temptation, and though he had the additional temptation of having no reputation to sustain, had really been endeavoring to rise above these hindrances, and even as a publican he was a good man.

Test of Salvation.

He points out that if Zachaeus had been a dishonest man, extorting generally from people, he could not have undertaken to restore fourfold.

But whether Jesus was vindicating a man who had been wronged and mis-

Laura Secord Gives Bonus to Employees

It Shares Its Profits With Those Who Serve the Public.

The Laura Secord Candy Shops have for a second year in succession divided their profits with their employees who have been with the company for upwards of six months. Cheques were laid evening received by the salesladies in the local shop. These represented a substantial percentage of the total salary earned by each employee during the past year, making each one a co-partner in the organization.

This came as a complete surprise to the local staff, who expressed delight at such a happy Christmas token.

In presenting these profit cheques to his employees, Mr. Frank O'Connor, president, pointed out the policy of Laura Secord was to share the profits of the year's business with those who had worked faithfully for its success during the year.

"The popularity of our candies is due in a large measure to the skill and expertness of our studio assistants, and the wonderful reputation we enjoy among our friends is due to the courtesy and the unflinching efforts of our salesladies," writes Mr. O'Connor, and "that he looked forward to the business progressing year by year and the same happy feeling of intercourse and cooperation among all the employees continuing, and trusted that in future years this policy of co-partnership inaugurated on the tenth anniversary of the inception of the business could be continued."

J. D. Hayes, general manager, also congratulates the employees on the loyalty, co-operation and aggressiveness which they have shown during the past year, and looks forward to the future for greater and better things yet to come.

NAPANEE COLLEGIATE.

Announcement Made of Graduates' Diplomas and Prizes.

Napanee, Dec. 19.—At the Collegiate commencement exercises last night the following were announced:

Winners of honors—C. B. Fox graduation medal, Denise Fennell; M.C.I. staff graduation medal, Lottie

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