

SOMETIMES YOU BUY A GIFT FOR ANOTHER THAT YOU ARE TEMPTED TO KEEP FOR YOURSELF. JUST SUCH A GIFT IS ONE OF JAEGER Pure Wool

Facts About Optometry
By **R. Arthey, Optometrist**
148 PRINCESS STREET
NO. THIRTY-FIVE.
What is one great difference between Optometry and, say, dentistry? A person always knows when he needs a dental service. Not so with an Optometrical service? No, few who need an eye service are aware of the fact. Then the public would be benefited by having eye conditions explained to them as they are known to dentists? Yes, the more familiar the public are with their need of Optometry the more the profession will be appreciated.
(To be continued.)

Gas On Stomach Made Her Nervous
For 12 years Mrs. Cook had gas on the stomach and was nervous and short of breath. Finally she took simple glycerine, buckthorn bark, etc., as mixed in Adlerika, and it did her a world of good. Most medicines act only on lower bowel but Adlerika acts on BOTH upper and lower bowel and brings out all gasses and poisons. Helps any case gas on the stomach in TEN minutes. T. H. Sargent.

Dr. Martel's Female Pills
Have analyzed nature's thousands of years but had century, creating a new building up and strengthening system, relieving PAINFUL MENSTRUATION, NEURVOSISM, BACKACHE, HEADACHE, etc. Write for free literature to **Dr. Martel's Female Pills**, 111 E. Broad St., Toronto, Ont. (See advertisement on page 10.)

FOR ALL AGES
Many think cod-liver oil is mainly useful for children. The fact is **Scott's Emulsion** to those of any age is a strength-maker that is worth its weight in gold. Take Scott's Emulsion.
Scott & Borden, Toronto, Ont.

THE QUALITY OF OUR COAL remains long after the price is forgotten.
LACKAWANNA COAL
Sells quality. Buy the best. Fifty cents is nothing on a ton of coal WHEN YOU GET ALL COAL.
Sold only by—
W. A. Mitchell & Co.
18 ONTARIO STREET
Telephone 67.

Visitors to Toronto ARE CORDIALLY INVITED TO MAKE THE **Queen's Hotel** (Opposite new Union Station) THEIR HEADQUARTERS. Special Winter Rates Now Obtainable.
The Queen's high standard of cuisine and service maintained in every particular. American and European plans. Wire your reservations at our expense.
HENRY WINNETT
President

WHY THE WEATHER?
DR. CHARLES F. BROOKS
Secretary, American Meteorological Society, Tella How.
Why Does It Rain.
There are four general types of rains, or snows: "warm front" and "cold front" rains, rains due to atmospheric instability, and rains produced by mountains. Continuous light or moderate rains with southerly or easterly winds are usually of the warm front type. The warm air flowing northward cannot displace colder air near the ground, but rises up over it. This elevation of the moist warm air may be sufficient to cause the formation of clouds and finally rain. A cold wind invading a warmer region may also produce rain on its cold front. In this case, however, the heavy invading air enters as a wedge, or falls down in squalls, running under and lifting the warmer layer already present.
Just as a warm wind must rise to flow over a mountain of cold air, so any low wind must rise to pass over a real mountain, if it cannot go round it. If the wind is sufficiently moist the resulting expansion and cooling of the air will cause rain or snow to fall on the windward slope of the mountain. Such slopes, therefore, receive more rainfall than the surrounding plains.
Rains due to atmospheric instability include the convectional types. The atmosphere becomes unstable, and convectional circulation starts when a lower layer of air is heated or an upper layer cooled markedly. Warmer or colder winds at different levels produce the same result. Thunderstorm rains are an example of convectional rainfall.
NEW CANADIAN PACIFIC.
Toronto to Winnipeg—8 3/4-Hour Feature Service.
The new daily 3 1/4-hour Toronto-to-Winnipeg service just inaugurated by the Canadian Pacific Railway not only establishes a record in fast, convenient transportation, but provides the traveller with a feature service to Fort William from both Toronto and Winnipeg inasmuch as the Winnipeg Special, leaving Toronto at 8.45 p.m. every night and arriving in Sudbury at 5.30 a.m., arrives in Fort William at 11 p.m., leaving there 15 minutes later and arrives in Winnipeg at 9 a.m.
Returning, the "Toronto-Montreal Special" leaves Winnipeg at 7 p.m., arriving in Fort William at 8.40 a.m., leaving 15 minutes later, arriving in Sudbury at 1.05 p.m. and in Toronto at the convenient hour of 8.35 a.m.
Direct connections are made by travellers from Winnipeg for all main points in Ontario, Quebec and east, which will receive the serious consideration of those who desire efficient service. Dominion Express shipments are delivered hours earlier, which is also a feature.
The most modern equipment, including standard and compartment sleepers, dining and compartment-observation cars, are carried, which, with the reduction in the running time and the courteous efficient service by all employees, makes this new service pre-eminent as the last word in transportation.
Secure further information, tickets, reservations, etc., City Ticket Office, 180 Wellington street, phone 1197. F. Conway, G.P.A.



THE FRENCH ELSIE JANIS
Suzy Doll, the French actress, is to Paris what Elsie Janis is to New York. She is the inimitable mimic, and her characterizations receive great applause.

Turkey Trotting Turns the Trick In the Laundry



THIS buxom Turkish beauty puts her trotting to practical use. Her sturdy feet rhythmically tread on the soiled clothes in the hexagonal washtub. Her companions are ready to beat the clothes with their fan-like instruments, to loosen the dirt. They use the primitive and not too cleanly method of washing in Turkey, in vogue when soap was unknown. The oily dirt in the clothes being insoluble in water, the labor of removing it was so great that the fabric was usually ruined by the rough treatment. The dainty American housewife, who wishes to save both her hands and her clothes, uses the pure Ivory white soap which is best for cleansing because of its neutrality, while efficient washing machinery and good soap takes the place of feet in the modern American laundry. *Housewives who are readers of this newspaper may obtain free a helpful 32 page book, "Approved Methods of Home Laundrying," by Mrs. Beale Van B. S. Write for it to Health Cleanliness Service, 20 East 11th Street, New York City.*

COLD DIP AT NORTHBROOK.

It Went Down to 26 Below—Heating a Good Sermon.
Northbrook, Dec. 22.—The real winter weather is being enjoyed as the roads are perfect for all kinds of vehicles, but sleigh and cars reign supreme. Sunday morning it registered 26 degrees below but all seemed prepared for it.
Many are home from the shanties for the Christmas festivities and each village has some entertainment to celebrate the occasion. The Harlowe H. M. convention, Sunday, hearing a fine sermon by Rev. Mr. Wagar on "There is no fear in love; but perfect love casteth out fear."
J. L. Lloyd is in Bannockburn on business. Mr. and Mrs. Earl Miller have gone to Bon Echo where they will reside in future caring for the Park in general. Mr. John Both and infant daughter are visiting Danish friends. Miss E. Fox, Toronto, is spending her vacation with her parents at the Ore Chimney mines.
Peter Lloyd is prepared for the horse-shooting rush and has opened a blacksmith shop. Charles Hillier and son, Johnson, were week-end guests at C. C. Thompson's, en route from Nanawee to Harlowe.
Mrs. Schanauer, Ardoch, is with her daughter, Mrs. William Kehoe, who is very ill. Stephen Sedore has his shingle mill ready for work. W. Cassada installed a water system. C. C. Thompson wishes to trade his heavy draft team for smaller ones. Frank Lloyd spent a day at Levi Snyder's, Cloyne.
Services are held each Tuesday evening by Rev. Mr. Holly, Harlowe, at the home of Benson Scott and all are welcome. Mr. and Mrs. Martin Atkins, Windsor, are among those gathered at the home of William Atkins for the festive week.
Mr. Eiley and Mr. Thompson, Nanawee, were in our locality on business. Mrs. M. Vanness and Mr. and Mrs. Sanford Thompson and Miss Nellie Woodcock were among those attending the wedding of Mrs.

FLOESIE PETERSON, BORDENWOOD, IS MR. GODFREY ARDEN.

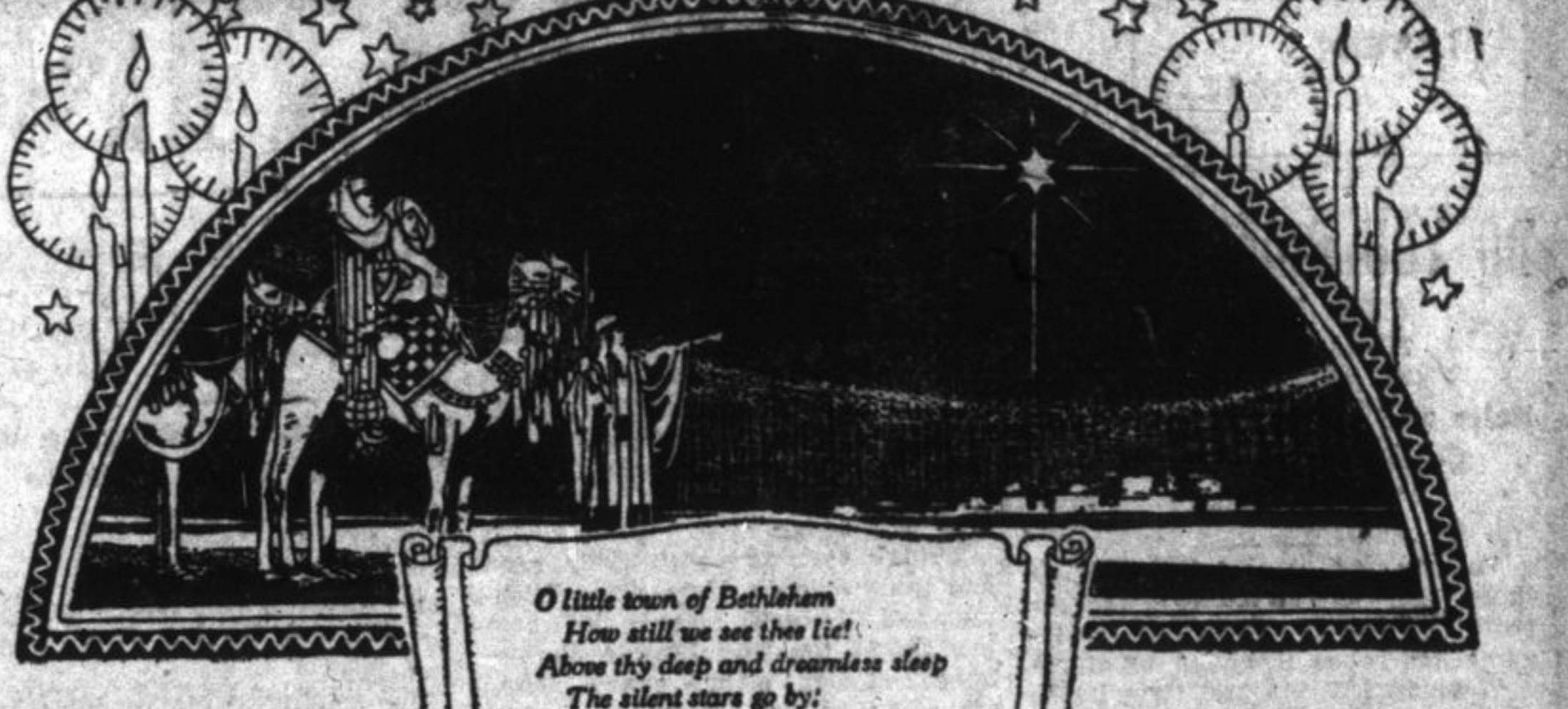
Hillier Thompson is in Kingston with his sister, Miss Valva. Hugh Saul is progressing favorably in Kingston General Hospital and we hope for a speedy recovery.

PRODUCE MARKETS

LIVE STOCK MARKETS.

Toronto.
Toronto, Dec. 23.—Export steers, choice, \$7.25 to \$8; do. fair, \$6 to \$6.25; do. bulls, \$4 to \$5.25; store, \$5 to \$5.50; heifers, export, \$5.50 to \$6.25; butchers, choice, \$4.50 to \$7; do. medium, \$5.75 to \$6; do. common, \$2.50 to \$4; cows, fat, choice, \$4 to \$4.50; do. canners and cutters, \$1.50 to \$2.50; bulls, butcher, good, \$3.50 to \$4.50; do. export, \$4.50 to \$5; do. medium, \$3 to \$3.50; do. common, \$2.50 to \$3; feeding steers, good, \$5.25 to \$5.50; feeders, fair, \$4.25 to \$4.75; stockers, \$3 to \$4; western stockers, \$2.50 to \$4.50; calves, choice, \$10 to \$11; do. medium, \$6 to \$6.50; do. grassers, \$5 to \$4.50; springers, choice, \$65 to \$75; milkers, choice, \$60 to \$75; lambs, choice, \$11.50 to \$12; do. medium, \$9.50 to \$10; do. culls, \$7 to \$7.50; buck lambs, \$9.50 to \$10; sheep, choice, \$6.50 to \$7; do. heavy, \$4; 50 lb. \$6; do. yearlings, \$7 to \$8; hogs, f.o.b., \$9.50; do. thick smooth,

DR. HAMILTON'S PILLS
FOR HEADACHE, BILIOUSNESS, CONSTIPATION, INDIGESTION, KIDNEY, LIVER, BOWELS.



*O little town of Bethlehem
How still we see thee lie!
Above thy deep and dreamless sleep
The silent stars go by:
Yea in thy dark streets shrouded
The everlast Light
The hopes and fears of all the years
Are met in thee tonight.*

Our Debt to the World

WHEN we contrast her condition with that of most foreign lands, Canada appears like a ship resting in a sheltered harbor. She is rich, happy and at peace. The very fact of Canada's good fortune makes her a debtor. She owes the debt of goodwill and kindness which Christmas revives and presses upon us as an obligation to those lands less fortunate than our own.
Over the crowded areas of Asia stalk the skeleton figures of war and famine. Over much of Africa hangs the dense pall of superstition and ignorance that have shrouded her for ages. Europe struggles with almost insoluble political and economic problems, and one Government replaces another, each in turn overcome by perplexity and despair.
Canada although she has a few troubles of her own, is a favored child among the nations, with many reasons for a grateful heart this Christmas. Let us remember our debts as we count our blessings. Let us aid all efforts to spread the light brought down from the skies two thousand years ago by One who "though rich, for man's sake became poor."

THE MUTUAL LIFE of Canada: Waterloo, Ontario
S. ROUGHTON, District Agent
Kingston, Ont.

off cars, \$10.50 to \$10.75; do. select, off cars, \$11.50 to \$11.75.

Montreal.
Montreal, Dec. 23.—Cattle, butcher steers, good, \$6; common, \$4 to \$4.50; butcher heifers, medium, \$4 to \$4.65; common, \$3 to \$4; butcher cows, medium, \$3 to \$3.85; canners, \$1.75 to \$1.85; cutters, \$2 to \$2.50; butcher bulls, good, \$3.50 to \$4; common, \$2.50. Good veal, \$8 to \$10; medium, \$7 to \$7.75; grass, \$3.50 to \$4. Ewes, \$4 to \$6; lambs, good, \$11.50 to \$11.75; common, \$11 to \$11.25. Hogs, mixed, \$10.50 to \$10.75. Bulk of sales \$10.00 to \$10.75, western loads, \$10 to \$10.25, with the bulk at \$10. Selects, \$10.75. Sows, were generally \$8.

R. Uglow & Co.
BOOKS—THE PERFECT GIFT

BURKE ELECTRIC CO
Wish to announce that they have moved to a larger store—
244 PRINCESS STREET
(Near Rydenham Street) Phone 428.
BIGGER STORE AND BETTER SERVICE

WE ARE GOING TO JOHN MCKAY
107-109 BROCK ST. KINGSTON, ONT.
WHERE OUR VALUE WILL BE APPRECIATED
We are paying prices quoted below for prime, fresh taken
Fur Skins—
RED FOXES—large up to \$15.00
MINK—large, prime up to \$ 8.00
RACCOON—large, prime up to \$ 6.00
SKUNK—prime up to \$ 1.00
BLACK BEAR up to \$15.00
GINSENG—wild, dry \$11.00 per lb.
Highest Cash Prices for all other Furs.
Ship by registered mail or express.
JOHN MCKAY Limited
THE FUR HOUSE
Raw Fur Dept.: 107 Brock Street, Kingston, Ontario.