

DON'T LET YOUR BOWELS GET CONSTIPATED

A free motion of the bowels every day should be the rule of every one who aspires to perfect health, for once the bowels become constipated and clogged up, all the other organs of the body become deranged.

Keep Your Bowels Regular By Using

MILBURN'S LAXA-LIVER PILLS

They will clear away all the effects and poisonous matter which has collected in the system, give you a free, easy and natural motion of the bowels every day, start the sluggish liver working, and give tone and vitality to the whole intestinal tract.

Milburn's Laxa-Liver Pills are for sale at all druggists and dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

2 CARS LACKAWANNA

SPLIT PEA COAL
Just arrived. Clean, bright, no slate or clinkers.
\$9.00 PER TON
Lackawanna Speils Quality.
Sold only at

W. A. Mitchell & Co.
15 ONTARIO STREET
Telephone 67.

TAKE SALTS IF STOMACH ISN'T ACTING RIGHT

Says Indigestion Results From an Excess of Hydrochloric Acid.

Undigested food delayed in the stomach decays, or rather ferments, the same as food left in the open air, says a noted authority. He also tells us that indigestion is caused by Hyper-acidity meaning there is an excess of hydrochloric acid in the stomach which prevents complete digestion and starts food fermentation. Thus everything eaten sours in the stomach much like cabbage soured in a can, forming acid fluids and gases which inflate the stomach like a toy balloon. Then we feel a heavy, lumpy misery in the chest; we belch up gas; we eructate sour food or have heartburn, flatulence, water-brash or nausea.

He tells us to lay aside all digestive aids and instead get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast and drink it while it is effervescing, and furthermore, to continue this for a week. While relief often follows the first dose, it is important to help neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia and sodium phosphate. This harmless salt is used for many stomach disorders with excellent results.

COAL

Our Coal has been classed the highest grade of Scranton Coal.
Nut, Stone, Egg \$15.50
Pea \$11.75
Virginia Nut \$15.50
Try our Virginia Coal and you will never burn any other, as it contains no clinkers or bone.

Aylsworth Bros.
Phone U. R. Knight 1790w.

Joseph Andre Mus. Doc.

Teacher of Voice Production after the most Approved European Methods
Specializes in coaching advanced students for Operatic, Concert and church work and interpretation.
For particulars and terms apply: STUDIO: C. W. LINDSAY, LIMITED.

USE City Dairy Products KINGSTON



HE DECIDES IN FAVOR OF PASTEURIZED MILK

The thoughtful man wants his family to have the purest food. He knows that City Dairy Pasteurized Milk is a food of absolute cleanliness and of the highest standards of purity.

City Dairy
KINGSTON
PHONE 2023
312 PRINCESS STREET

Efficient Housekeeping

TOMORROW'S MENU

Breakfast	
Grapefruit	Cereal
Fried Liver and Bacon	
Corn Muffins	Coffee
Luncheon	
Baked Beans	Catsup
Lettuce	Rolls
Dinner	Tam
Irish Stew with	
Onions	Potatoes
Carrots	
Left-Over Corn Muffins	
Apple-Celery Salad	
Custard Pie	Coffee

Reader's Contributions.
Mrs. C.: "My Way of Roasting a Turkey: Prepare the bird as usual, stuffing it with any favorite dressing, wiping dry, and placing it in the pan. Now rub the turkey with salt and dust lightly with pepper. Make a stiff dough of flour and water and roll this thin on your bread board. Lay it over the turkey, tucking it round the legs and sides. Put enough boiling water into the pan-bottom (about an inch in depth) and let this water remain in the pan till the dough around the bird begins to brown, then drain it off. Let the turkey roast till the dough is very dark but not burned. Remove bird from pan, crack off the dough, and you will find the bird tender, and a beautiful brown. This beats the basic-and-brown method and results in no burned wrists."
/Old Housewife: "My Cake Frosting: Have water boiling briskly in the bottom of a double boiler, then put into the top part: one cup of granulated sugar, the white of one egg and three tablespoons of cold water. With an egg-beater, beat this mixture for ten minutes as it cooks over the boiling water. Brown su-

gar may be substituted for the white, if desired. This recipe frosts the top of one fair-sized loafcake."
A Constant Reader: "I have discovered that, when cooking apple, raisin or any kind of fruit pies, they cease to boil over if I have the oven door fastened open about an inch after the pie shows signs of beginning to cook in earnest."
C.S.: "I noticed recently that one of our readers asked How to Steam Clams. I used to do mine in a kettle, but now I put them in a deep pan in a hot oven and leave them there until they open. By this method there is no steam, and I think it much easier than the other way. You do not have to put any water in the pan, or watch them. You will be surprised at the amount of broth which is produced; and if this broth is too salty add a little water or milk to it. Here is another hint: In Cooking Sauerkraut: Everybody likes this delicious dish, but some women object to its odor. I cook mine in the oven, putting it in an agate dish with a cover. By this method you lose the odor entirely."

Tomorrow—The Modern Dining Room.
All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to use YOUR full name, street number, and the name of your city and state.

—The Editor.

INTERNATIONAL BEAUTY



And here we have Norma Shearer, Canada's contribution to the charmed circle of womanly beauty. Her beauty and charm is threatening the reign of that other beautiful Canadian, Mary Pickford.

A \$600,000 CARGO RECOVERED BY DIVERS

Apparatus Designed for Lusitania Salvage Tested Off Coast of Ohio.

New York, Jan. 16.—Captain Benjamin Leavitt, of Philadelphia, has broken all records for deep sea salvage in recovering a \$600,000 cargo of copper that had lain since

1869 with the wreck of the British frigate Cape Horn off the coast of Chile, said messages received today by the Westinghouse Lamp company from the salvage ship Blakely.

Captain Leavitt and his corps of divers were reported to have worked "as though in daylight, at a depth of 318 feet," using high-pressure diving suits of the captain's invention, and pressure-resisting deep sea lights.

"It is Captain Leavitt's ambition next to salvage the \$4,000,000 to \$6,000,000 of treasure that lies in the sunken hull of the Lusitania," the

company said.

The Blakely was purchased from the shipping board and outfitted with the Lusitania job in view, but it was decided to give the diving apparatus and lights a preliminary test on the Cape Horn wreckage.

Sailing from Hampton roads last winter, the Blakely's crew located the wreck of the Cape Horn in 217 feet of water outside the port of Pichidangui.

Eighteen trial descents were made, the divers remaining under water from 25 minutes to three hours at depths ranging from 194 to 318 feet. The previous record for deep-sea diving under working conditions was said to have been 152 feet.

The diving apparatus is of manganese bronze, with arm and leg armor ball bearing and hinge-jointed and the flexible sections composed of interlocked copper tubing wrapped and lined with sheet rubber. It carries air apparatus sufficient for four hours of immersion.

Busy Handling Wood

Centerville, Jan. 15.—The roads being exceptionally good everybody is taking advantage of them and hauling home their wood. Sleighs loaded with wood are about the only vehicles one will meet on the roads. Roy McGill is drawing the wood for the cheese factory for the coming season.

The remains of the late Mrs. George Wilson, and the late Mrs. Samuel Hughes, Robin, were placed in the Methodist vault on Tuesday last, and the late John O'Mara, Yarker, in the R. C. vault on Dec. 28th.

Mr. and Mrs. Seymour Rombough and family have come from Manitoba to take charge of the old Rombough homestead. Frank Thompson has installed a new radio; also Robert Milsap. The new council for the coming year met on Monday last. Miss Helen Connors, Belleville, spent her Christmas holidays among relatives here. Mrs. William McGill is spending a limited time with her daughter, Mrs. Frank Gerow, Newburgh.

Miss Gertrude Whalen has returned from Sydneyham where she spent the past two weeks. Mrs. C. Dromgoole, Eriksville, is visiting her niece Mrs. Vince Donoghue. Mrs. E. J. Perry, Cloyne, has returned to her home after visiting relatives in this vicinity. Mesdames Bessie and returned to Detroit after a short sojourn with his parents.

McNabb's JANUARY SALE CLOTH DRESSES

Our Once a Year Sale—Always Eastern Ontario's Greatest Dress Event

Hundreds of beautiful Dresses of the most fashionable fabrics in the newest and most correct modes for Winter—reduced to prices that in most cases barely cover cost of material.

FOUR IMPORTANT BUYING REASONS:

The styles are New York inspired. A tremendous variety of styles to choose from.

The fabrics are the newest the market affords. Never before have "McNabb's" offered such values.

\$9.95

Regular values up to \$19.95

\$12.95

Regular values up to \$24.95

\$15.00

Regular values up to \$29.50

\$19.95

Regular values up to \$35.00

COLORS: Navy, Black, Sand, Rust, Brown and Green.

Misses' sizes 16 to 20.

Women's sizes 36 to 44.

Women's and Misses' Silk Dresses Saturday Bargain \$19.95

Some less than half price—all better Frocks that have been selling all along at \$29.75 to \$49.50

French Beaded Frocks for Afternoon and Semi-Formal wear. Smart Canton Crepe Frocks, and the ever popular Satins—in an extensive variety of the season's most widely accepted styles.

COLORS: Navy, Brown, Cocoa and the ever present Black.

The French Beaded Frocks come in pretty pastel shades. Complete range of sizes in the lot, 16 to 44.

Showing The Newest Colors in Flannel Dresses \$12.95

Poppy, Hennaquin, Powder Blue

Measuring their chic by their smart lines, rich colorings and skilful tailoring.

Plaid Flannel Dresses \$13.95 to \$25.00

An extensive and varied gathering, from which it will be a fascinating delight to choose your new frock. We cordially invite your inspection.

JANUARY CLEARANCE PLAIN COATS

Drastic Price Reductions Regardless of Cost — Regular \$19.95 to \$29.50 **\$12.95**

Tailored from fine, imported, English Coatings—some half silk lined—others fully lined. This is a record-making low price for such exceptional coats as these. Sizes 16 to 42.

EVENING DRESSES REDUCED

Our entire stock of high-class, exclusive model Evening Dresses in the season's most popular styles and fabrics—greatly reduced in price for January clearance.

Every Fur Trimmed Coat must go

Such tremendous savings make a new record in values long to be remembered.

All the Smart Silhouettes! All the Approved Fabrics! All the Fashionable Furs!

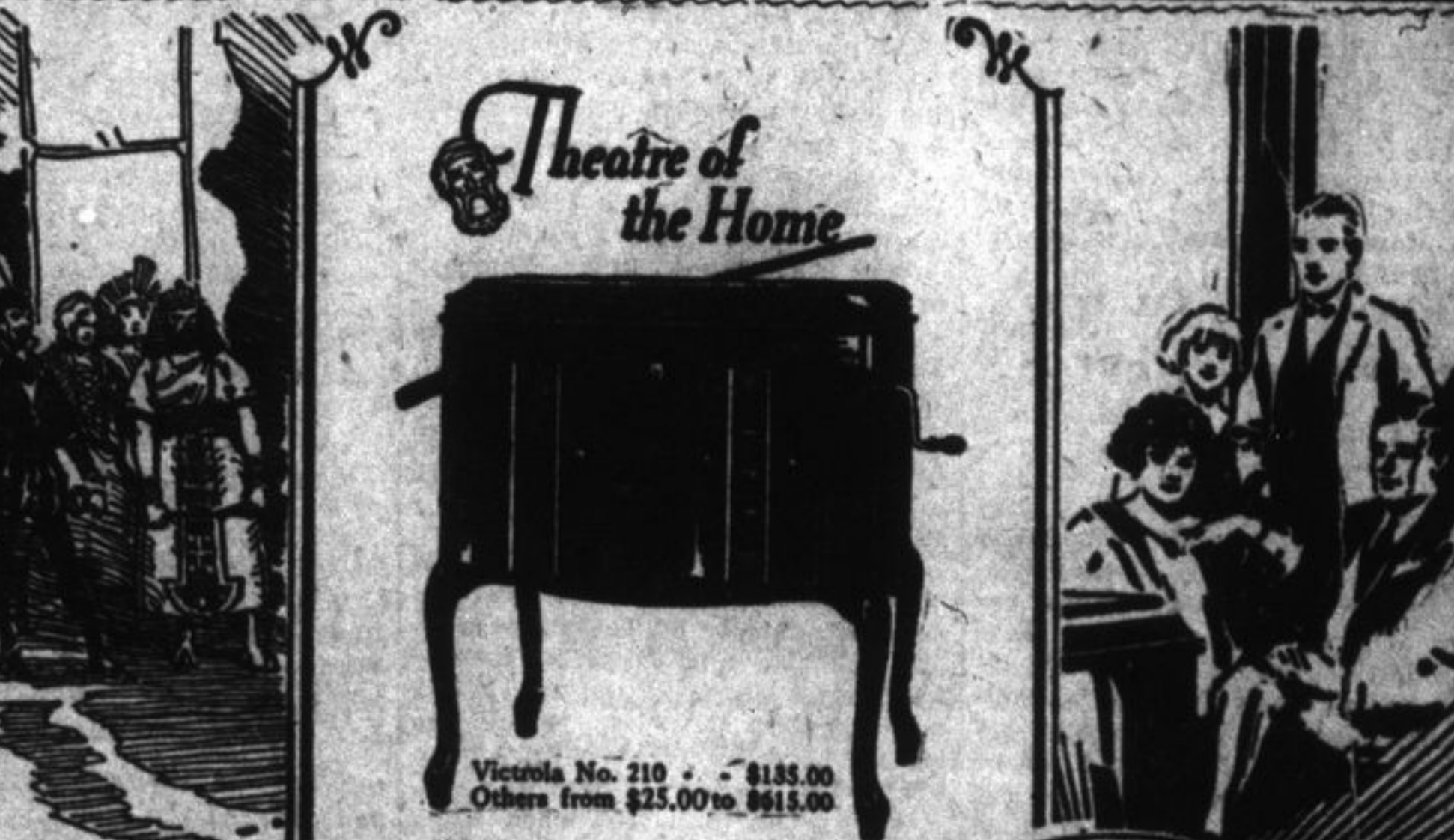
FOUR GROUPS—EACH AN AMAZING VALUE

COATS Regular	COATS Regular	COATS Regular	COATS Regular
\$29.75 to \$35.	\$37.50 to \$45.	\$49.50	\$75 to \$85
\$23.75	\$29.75	\$35.00	\$49.50

All the new Winter colors, in a full range of sizes from 16 to Women's 44.

The J.A.McNABB Co., LTD.

KINGSTON BROCKVILLE BELLEVILLE PETERBORO



From the stage to your home

A moment of silence—a thundering of applause—thrilled by the exquisite performance of Galli-Curci as she sings with wonderful purity—a great audience gives voice to its appreciation.

The magic of her touch, the alluring glamor of the actual presence, the same richness of performance—all this can be yours with—"His Master's Voice" Victrola "the theatre of the home" and—"His Master's Voice" Victor Records "the performers of the home".

To know the truth of this statement, every "His Master's Voice" dealer invites you to call for a demonstration.

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Keep within reach of your VICTROLA gramophone. Buy your records from the nearest VICTROLA dealer.

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