

Christmas, with its festive "mealing" cannot down "that Kruschen feeling."



### After the Festivities

Any complaints? No!

You'll go a long way with Kruschen kiddies before you hear any. Sturdy, self-reliant, they're cast-iron little optimists who can be safely left to their own devices all the day long. Even Christmas festivities cannot upset them.

It's a safe thing to say that a fractious child is a sick child, to be treated accordingly. Listlessness, naughtiness, and "the sulks" were often than not a danger signal that you cannot afford to disregard. Generally, of course, there's nothing seriously the matter; perhaps the child is congested, or has eaten something to disagree with the little inside. This much at least is certain. Until the

source of the trouble is removed there will be unhappiness in the nursery and the home.

The best way to remedy the little people's little ills is to stir a tiny dose of Kruschen Salts into their breakfast cup of milk, tea or cocoa or bowl of porridge. Just about half a dimeful and they'll never know they're taking it, because it's quite tasteless given in this way.

The tiny dose gently but surely expels all clogging, poisonous matter from the small insides. Next day, the kiddies wake up with "that Kruschen feeling," bubbling over with energy and high spirits.

Don't wait for sickness to come. Buy a 75c bottle for the nursery today and be prepared. There are 320 children's doses to the bottle—nearly a year's supply.



# Kruschen Salts

Good Health for Half a Cent a Day

SOLE IMPORTING AGENTS: CHARLES GYDE & SON, MONTREAL.

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Keep Up With Progress

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**KINGSTON AGENCIES Ltd.**

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## DIGEST of the BEST in WIT

By Special Arrangement with ZIFF'S Magazine

### Careful of Her Lawn

THE Movie Director and his group of actors got out of the touring cars, and went over to a small cabin. "Shall we shoot him here?" asked the camera man.

About that time, an old mountain woman stuck her head out of the window and shouted, "Ye'll do no shootin' close around! Take him up that dry crick-bed where Lem took that revenooer!"



"Doctor, my wife has sprained her jaw and can't speak a word, so if you're down our way, say 'hello' after dark, you might drop in and see her!"

TWINKLE, twinkle, little star, Many wonder who you are, Sugar Daddy second row, Knows it took a lotta dough!

### Positive Proof

Paying Teller: "But, madam, you will have to be identified before I can cash this check for you."

Fair caller (blushing furiously): Oh, I just hate to do it, and George would be dreadfully angry, but I have a love letter here which describes me fully, if you would care to see it."

### Likely Would

An advertisement reads as follows: "This rubber fixture will reduce any fat lady's hips or bust."

### Same as Usual!

I WUNK at her, She wanked back; Heckova time, Now she's got the jack.

### Mulish Ignorance

EMANUEL Jackson, mule tender, appeared one morning on crutches.

"Lawdy!" exclaimed a friend. "Ah thought yo' was one o' de bes' mule han'l'ers in de business."

"So Ah is," affirmed Emanuel proudly, "but we done got a mule in dis mornin' dat didn't know mah reputation."



"Just think, he deserted her at the altar." "His nerve left him, ah?" "No, it returned!"

### Broadway Banter

HOW to win a chorus girl: Tell her she has a pretty figure on the stage and you have a pretty figure in the bank. Then take your figure from cover and use it to increase the coverings for her figure.

We often wonder as we roam Down life's beaten track How an armored knight in days of old Continued to scratch his back.

### Es—Beg Pardon!

Manufacturers of corsets for young women report that this was decidedly an off year.

### He Knew!

Teacher: "Jimmy, if I said, 'I am beautiful,' what tense would it be?"

Jimmy (promptly): "Past."



"Are you the actor who's been at liberty for the last six months?" "Well, you WON'T be for the NEXT six!"

### Exit, Jimmy!

THE repast ended, the guests sat admiring the "antique silverware." The mantle clock chimed eight.

"Well, mother," exclaimed little Jimmy, "I guess I might as well go to bed. Mrs. Brown said if I couldn't bring her spoons back by eight o'clock, I could wait until tomorrow morning."

### HERE ARE TIPS FOR KEEPERS OF FOWL

Items of Interest and Aids to Success—Seasonable Talks and Timely Hints.

Here are a few New Year resolutions that should be made and strictly adhered to by every keeper of fowl.

To remove all droppings from beneath the perches at least twice a week during the winter season, and at least every second day after the cold weather has past.

To sprinkle of good depth of sifted coal ash or dry sand over the dropping board after each cleaning, so that the droppings will not freeze to the boards in the winter, and so that there will be material to absorb the moisture from the same during the warm weather.

To examine the fowl regularly and at short intervals for vermin and to take immediate steps to rid them of these tormentors whenever they are found to be present.

To examine carefully from time to time, the perches, all fittings and wall crevices for signs of red mites, and, should any be found, to go after them with spray pump and strong mite killing solution, and to stay with the job until the premises have been entirely rid of their presence.

To have a good spray pump and a reliable solution on hand ready to use should occasion demand it.

To scald all drinking vessels and feeding troughs at least once a week, and to see that all water is drained from drinking founts or vessels every evening so that they will not have a chance to freeze solid during the night.

To see that the fowl have a fresh supply of drinking water at each feeding time during the winter, and oftener than that during the warm weather.

To keep the floor of the scratching pen well covered with a good depth of clean straw at all seasons of the year, never failing to renew it when necessary, and to scatter the whole grain in this, burying it in the straw so that the fowl will have the fun of digging for it and the benefit of the exercise that they will be required to take.

To refrain from experimenting on the fowl with every new fangled method of feeding that may be suggested and to avoid drugging them in the hopes of getting a few more eggs.

To take every precaution to prevent the fowl from having their combs or wattles frozen and, should this happen, to apply snow to the frozen parts, rubbing them until the frost has been removed, afterwards greasing them with vaseline or camphorated oil.

To examine the legs of the fowl carefully for the first indication of scale, and to waste no time before

applying scaly leg ointment to the legs should there be necessity.

To be ever on the alert for the first symptoms of cold and to administer a dose of roup cure should there be reason to suspect that any fowl had contracted cold.

To isolate and treat any fowl that shows symptoms of disease of the respiratory organs that appears to have got beyond the stage of an ordinary head cold.

To add a little roup cure to the drinking water of all the fowl if any of them display moist nostrils or are given to sneezing.

To see that the ventilation of the hen house is sufficient that there will be no sign of frost gathering anywhere within the house or any dampness to be found in the straw litter, which will remain crisp if the ventilation is sufficient.

To remove all droppings from the house as soon as gathered, and to deposit them somewhere where there will be no danger of the fowl scratching in their own dung.

To see that the hoppers for grit and oyster shell never become emptied, and to supply the fowl with as much green food as you can possibly secure for them, keeping the supply constant the year around.

To see that the fowl have a full crop at their bedtime, even if you have to sit and hold a lantern so that they can pick up the crop full they should have secured before artificial light became necessary.

To only let your breeding pen contain the very best birds you have, and, if the best you have are not good enough for a breeding pen to secure the best you can afford to buy.

To see that you get a square deal from those you deal with, and to deal honestly with those who deal with you.

To see that all nest boxes are clean, comfortable, and placed so that they will be well darkened with light, and to collect eggs regularly in winter, so that they will not have time to freeze, and regularly during

the warm weather so that they will not have time to spoil.

To join a poultry association so that you may have a share in the good work these organizations are doing to promote the welfare of those who are out to encourage the breeding of better birds and more of them.

### OLDS MAY PROCEED CHRONIC CATARRH

By Dr. J. H. Cumming  
You should find little difficulty in recognizing the symptoms of chronic nasal catarrh. To determine accurately all of the structures involved in some cases of catarrh requires the services of an expert and does not lie within the province of the untrained individual.

It is sufficient for the individual to recognize the fact that there are certain marked symptoms that indicate chronic nasal affection, and call for the attention of a trained physician.

It is the province of the physician to find out the exact location and the extent of the trouble and prescribe the necessary treatment.

If you find that you have a cold in the head which persists for some little time or recurs frequently without apparent provocation, or upon slight provocation, you may take it for granted that there is something wrong with your nasal passages or in their vicinity. If you find that you are unable to breathe freely through one side of your nose, you should take steps to ascertain if there is any underlying obstruction inside the nose or behind it where it should open into the upper part of the throat.

If you have such a condition and it is accompanied with mucous excretions from the nose, you should immediately suspect that the obstruction may be caused by inflammation and swelling resulting from a catarrhal condition.

A profuse discharge from the nose which persists is very apt to be a chronic catarrhal inflammation which has extended to one or more of the cellular spaces connecting with the nose and called accessory sinuses.

Foul breath and impaired sense of smell should cause you to consult a physician though a foul breath may be due to some condition affecting the mouth or teeth. Remember that a headache is by no means an uncommon symptom of serious disorder of the nasal passages or their accessory sinuses. Especially is this the case when the pain is severe above the eyebrows or deep in the bone beneath the eyes.

If any one offers to treat your case by mail, just remember the complicated nature of a catarrhal condition, the careful examination and study required of any physician before your case can be diagnosed properly and the folly of wasting your money on treatments by mail will be readily apparent.

Nor should you attempt to treat

### "Was Soon Able To Sleep Well"

The usual experience of nerve-racked people who use Dr. Chase's Nerve Food.

When the nerves are starved and depleted you become restless, irritable and suffer from loss of sleep. The regular use of Dr. Chase's Nerve Food soon lifts you out of this condition by supplying to the system the elements of Nature from which nerve forces are created. Mrs. H. N. Tardif, Harroworth, Ont. writes:—"My nerves were in a very bad state, and I did not know what it was to have a good night's rest. I could not eat, and never felt well. After taking Dr. Chase's Nerve Food for a few days I was able to sleep well at night. My appetite also returned, and I felt stronger and better, and after taking three boxes of Dr. Chase's Nerve Food I was quite well."

### SEAMAN-KENT FLOOR FINISH

Waterproof Paper, Filler, Shellac, Varnish and Wax.

### SEAMAN-KENT HARDWOOD FLOORING

All with the same guarantee of highest quality.

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### Children Cry for

### Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

### HALF AND HALF

Paris calls this the half and half costume because one side of it, including one sleeve, is black and the other is white. After a season of brilliant color, Paris is returning to black and white when she wants to create a different type of frock. In this case the result is most satisfying.

Special inspectors were sent from Ottawa to put down Christmas rioting in St. Vincent de Paul Penitentiary, Montreal.

Bodies of R. Sidwell, of Algonac, and an Indian, were found on Russell Island, near Wallaceburg, Victoria, B.C., aldermen raised Mayor Penderay's salary over his own protest.

Fire losses in Canada in December are estimated by the Monetary Times at \$1,233,350, compared with \$2,406,300 in November, and with \$3,621,350 in December last year.

### MOTHERS—

Watch Your Child's SKIN

TREASURE the health, purity and beauty of your child's skin. Regard every little soreness, rash, chafing or irritation as a possible source of disease. Treat them all with the famous Zam-Buk.

This pure herbal balm is a blessing to mothers. It prevents minor troubles from spreading. It soothes and heals quickly and surely. Moreover, its mild, yet powerful antiseptic influence affords the delicate tissues complete protection against dangerous disease infection.

### Treat the first Itchy Rash or Blemish

As a remedy for teething rash, scalded head, eczema, impetigo, ring worm, and other skin disorders common amongst children, Zam-Buk is invaluable. It brings grateful relief to the irritated inflamed places, expels poison and disease and quickly restores the skin to a state of healthy perfection.

Use Zam-Buk for all cuts, bruises, burns, scalds and flesh wounds. It checks bleeding, inflammation and pain and brings swift clean healing. Also a proved remedy for poisoned wounds, sores, abscesses, boils, abscesses, bad legs, and piles. 50c. the box everywhere.

### Zam-Buk