

Mark Twain Once Said

"It is Spring Fever that causes the general unrest, lack of ambition and run-down condition which pervades the human system in the spring of the year."

The sudden change from frigid to torrid weather occurs within a few weeks, especially in our northern states.

No wonder pulmonary troubles, pneumonia, spring fever, and all such ailments are almost universal.

If people in this vicinity only knew the value of Vinol, our delicious cod liver and iron tonic (without oil) at this season of the year, we would not be able to get enough to supply the demand.

Vinol tones up the digestive organs, purifies and enriches the blood, promotes healthful sleep and a normal appetite.

Old people, delicate children, run-down, overworked and tired women, those suffering from bronchitis, chronic coughs and colds, all derive great benefit from its use.

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you. Ma-hood's Drug Store, Kingston.

TINSMITH and PLUMBING W. C. BENNETT.

Foreman for S. J. Horney for 23 years has opened a Tinsmith and Plumbing shop at 312 King Street. All work entrusted to my care will receive prompt attention. Phone 1608.

SPHIRELLA CORSETS. THE IDEAL BASKING.

Duplicate Corset free if boning breaks or rusts in one year. A style for every figure. Appointments made by card or phone 378.

Spring Time is Wiring Time ESTIMATES CHEERFULLY GIVEN FREE OF CHARGE.

W. A. Spriggs & Co. Electrical Contractors, 107 PRINCESS STREET, Phone 65. Near Bagot.

SYNOPSIS OF CANADIAN NORTH-WEST LAND REGULATIONS.

ANY PERSON WHO IS THE SOLE head of a family or any male over 18 years may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made by father, mother, son, daughter, brother or sister, provided conditions by father, mother, daughter, brother or sister of intending homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 30 acres solely owned and occupied by him, his father, mother, son, daughter, brother or sister.

Deputy of the Minister of the Interior. N.B.—Unauthorized publication of this advertisement will not be paid for.

MI-ONA An Excellent Stomach Remedy.

Mrs. J. R. Whyte, Killarney, Manitoba, who says: "I have found great comfort and relief from Mi-ona. I had been greatly troubled for months with heartburn and a heavy burning feeling in my stomach. A fair meal would disturb me so much that I would have to sit up at night—the food would sour on my stomach, and form a gas which would cause belching and dizzy spells. These distressing troubles disappeared after using Mi-ona and I shall always speak highly of this excellent stomach remedy."

Modern Plumbing in Your Kitchen

is just as essential as in any other part of your home. PORCELAIN AND STATIONARY WASH TUBS are now considered indispensable by lovers of cleanliness and order.

David Hall, Phone 335, 66 Brock St. Residence 556.

Easter Time Is Wedding Time

Wedding Time is Gold Ring Time IF WE VENTURE A PROPHECY, THEN NEXT MONTH WILL BE WEDDING TIME FOR MANY YOUNG PEOPLE. WE SAY THIS FROM OUR KNOWLEDGE OF PREVIOUS YEARS, FOR OF COURSE THIS STORE PLAYS AN IMPORTANT PART IN NEARLY EVERY WEDDING.

Rodger & Wright Jewellers, Formerly Spangenberg's, 347 KING ST., KINGSTON, Marriage Licenses.

THE SPORT REVIEW

BATH ROAD BEAVERS WON CORBETT TROPHY.

Defeated Glenburnie in Final Township League Game by 2 to 0—Toronto Comments on the Frontenacs.

The victorious Bath Road Beavers, champions of 1910 of the Township Hockey League, again proved themselves competent to be champions and hold the S. S. Corbett trophy for another year. By defeating the aspirant Glenburnie Ramblers in the final scheduled game of the series at the covered rink, Monday evening, shutting out the boys from the Glen., and notching two goals themselves, The result of this game makes all wins and all losses for Bath Road this season, as if Glenburnie had won the game, the two teams would have been tied and another contest would have had to be played.

Although the ice was soft, in no way did it equal the "little Mutual lake in Toronto. There were a couple of wet spots on each side, but the remainder of it was in good shape. The game was no exhibition of team work, and it appeared as though each man on both teams was so anxious to score that he forgot that there were others playing on the team. Glenburnie as a team are better stick-handlers than their opponents, but were outclassed in checking. The Bath Road boys have this part of the game down pretty well.

The Beavers owe the game to Barry, the little centre man, who played the game of the evening. He was easily the best of both teams and was at ways within the territory of where the puck was all the time. He certainly worried the Glenburnie boys in the way he tackled them. "Billy" Greer was right on the job, too, and showed the sturdy Scotchmen something of the tricks of dodging. His fuzzy hair made him a conspicuous figure, and several times he looked dangerous in the scoring capacity, but at the last moment he was checked. Neither team succeeded in getting away with any combination work at all.

Both teams played better hockey in the last half than they did in the first, and had the Glenburnie boys played with such a vengeance in the first half as they did in the second the game would probably have finished scoreless. The half time score was 2 to 0, in favor of the Beavers, and such it remained to the end of the game. The Beavers obtained their first goal on combination work, a pass from Ford to one of the forward line, obtaining the desired result. The next one, obtained a few minutes later, was also scored on a pass.

"Duffy" Cliff handing it over to Barry, who called, Glenburnie came to the conclusion that this was enough of lead, but their attempts to lower it were futile and they were forced to submit to the inevitable and go down to defeat.

George Vair and Smith, the two wing men, were about the pick of Glenburnie. Ford, the rover for the Beavers, played a good game also.

Beavers—Goal, Ryder; point, H. Graham; cover, H. Cliff; centre, Barry; rover, Ford; right wing, Greer; left wing, G. Cliff.

Ramblers—Goal, Fowler; point, McConville; cover, Vair; centre, Black; rover, McCallum; left wing, G. Vair; right wing, Smith.

Referee—George Vanhorn.

Frontenac Finished Strong.

Frontenac's better condition told near the finish and only the bell saved the game for the All-Stars, as the

MI-ONA

An Excellent Stomach Remedy. Mrs. J. R. Whyte, Killarney, Manitoba, who says: "I have found great comfort and relief from Mi-ona. I had been greatly troubled for months with heartburn and a heavy burning feeling in my stomach. A fair meal would disturb me so much that I would have to sit up at night—the food would sour on my stomach, and form a gas which would cause belching and dizzy spells. These distressing troubles disappeared after using Mi-ona and I shall always speak highly of this excellent stomach remedy."

WANTED

DISTRICT REPRESENTATIVE FOR CANADA'S MOST PROGRESSIVE LIFE INSURANCE CO.

THIS COMPANY HAS HIGHEST NET EARNING RATES, Lowest Premiums and has Led all the Companies in Business Written in Canada for 25 years.

AUCTION SALE.

379 BARRIE STREET, THURSDAY, MARCH 16TH, 10 A.M. WOODWARD, Auctioneer, Parlor Suite, Marble Top Queen Anne and other Tables, Writing Desks, Pictures, Brussels and Carpets, Edison Phonograph, Mirrors, Lace, Chenille, and Danish Curtains, Sideboard, Extension Table, Dining Chairs, Mahogany Couch, Singer Sewing Machine, Happy Thought Range, Gas Range, Refrigerator, B.W. Bedroom Suite, Odd Dressers, Iron Bed, Springs, Mattresses, Bed, Bedsteads, Tables, etc.

ALLEN, The Auctioneer, 222 Johnston St., Phone 252.

Amusements. GRAND OPERA HOUSE

TO-NIGHT JOS. M. GAITES BEGS TO OFFER THE MUSICAL COMEDY SENSATION,

3 TWINS

Clifton Crawford Back Again With Original New York Company of 100.

Augmented Seats now on Sale, Dec. 75, 81, 81.50, 82.

THURSDAY, MAR. 16

Wood France and Lederer Present The New Amsterdam Theatre, N.Y. Production of the World's Greatest Musical Sensation,

MADAME SHERRY

"Every Little Movement Has a Meaning All Its Own."

Augmented Seats now on Sale, 50, 75, 81.00, 81.50, 82.00.

SATURDAY, March 18

Matinee at 2.30. Evening at 8.15. W.M. BRADY'S Production of

THE MAN OF THE HOUR

By George Broadhurst, With FELIX HANEY as ALD. PHELAX, And the Original Cast, Fourth Year of Success.

Matinee, 25, 35, 50, 75; Children, 25c. Evening, 25, 50, 75, 81.00. Seats on sale Thursday.

Griffin's THEATRE

Get the Griffin Habit Monday, Tuesday & Wednesday MARCH 13th, 14th, 15th.

PROGRAMME:

Blanche Aldrach Lightning Character Change Artist. "Yes, it's the same one."

Laughing LaMar The Man who Laughs and Makes You Laugh. A Comedian in a class by himself.

Blanche Decotret Song and Dance Comedienne.

5 REELS MOTION PICTURES. TWO HOURS ENTERTAINMENT. Matinee at 2 p.m. All Seats, 5c. Evening at 7 and 9 p.m. Admission, 10c. Children accompanied with guardian, 5c.

BJOU-54

Commencing Monday, March 13

"PRINCESS" THEATRE

Under New Management. HIGH CLASS VAUDEVILLE

3 Reels Newest Pictures 3 Library Coupons with each ticket. General Admission, 5c. to all. Matinee: Children, 2 for 5c.

KINGSTON COVERED RINK

Hockey Match

All Stars vs. Frontenacs Proceeds to be equally divided between General Hospital and Hotel Dieu.

Wednesday, March 15th Game Called at 8.15. Admission, 35c; Reserved Seats, 60c extra. Plan now open at Rink. Referee, Harvey Sprouts, of Toronto.

To Contractors

TENDERS WILL BE RECEIVED at the Office of the Secretary, School of Mining, Kingston, up to 6 p.m. of Saturday, March 11th, for the Cabinet Work, comprising Lockers, Tables, Benches, Furnace Cupboards, Desks and other Furniture, and also Plumbing and Fitters' Works required in the completion of the Chemistry Building for the Governors of the School at Minerva, specifications and details may be seen at the office of the undersigned.

NOTICE

On and after April 1st the Coal and Wood business conducted by me will be known as the Jas. Sowards Coal Co.

All accounts will be rendered April 1st, and must be paid on or before April 15th. After above date accounts will be placed in the hands of our Solicitors.

JAS. SOWARDS.

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JAS. SOWARDS.

The People's Forum

CONDENSED ADVERTISING RATES. LOST. FOR SALE.

ON MONDAY, SMALL GRAY and White Cat. Finder will be rewarded on returning to 99 Frontenac Street.

BIRDS, BIRDS, BIRDS. IMPORTED GERMAN CANARIES—Have you heard the dicky birds sing? If you haven't, you missed it. They are the finest in the land. Perfect, guaranteed songsters. Come in, W. J. Driver, corner Queen and Barrie. Phone 612.

DENTAL. SPAIRKS AND SPAIRKS, DENTISTS, 239 1-2 Princess Street, Kingston. Phone 346.

S. H. SIMPSON, D.D.S., DENTIST, 235 Princess Street. Telephone 624.

DR. C. C. NASH, DENTIST, DR. C. H. Baker, assistant, 132 Princess St. Phone 735.

DR. A. E. KNAPP, DENTIST, 19 MONTREAL STREET, near Princess Street. Phone 622.

LEGAL. CUNNINGHAM & MUIDE, BARRISTERS and Solicitors in Law, Office, 73 Clarence St., Kingston.

FINANCE AND INSURANCE. FOR INSURANCE THAT INSURES GO TO GARDNER'S Insurance Emporium, 100 Northern Cross Bank, Brock Street, or phone 424.

GENERAL INSURANCE—FIRE, LIFE, Accident and Health Policies issued; first-class companies; standard rates. T. J. Boon, Agent, 132 Wellington Street.

GEO. A. BATEMAN REPRESENTS the "Protectors" Underwriters, backed by \$10,000,000 of capital and four other fire insurance companies; all kinds of insurance effected. Call or drop a card. Phone 326, 67 Clarence Street, Kingston, Ont.

FRONTENAC LOAN AND INVESTMENT Society, established 1861; president, Sir Richard Cartwright; money loaned on city and farm properties; municipal and county debentures; mortgages purchased; deposits received and interest allowed. S. C. McGill, Managing Director, 87 Clarence Street.

LIVERPOOL, LONDON, AND GLOBE Fire Insurance Company. Available assets, \$61,187,215. In addition to which the policyholders have for security the unlimited liability of all the stockholders. Farm and city property insured at lowest possible rates. Before renewing old or giving new business get rates from Strange & Strang, Agents. Phone 325.

FURNITURE FINISHER. ANTIQUE FURNITURE A SPECIALTY, cleaning and gilding, enamelling and painting. Work guaranteed. Work given best attention. Pat. Driscoll, 23 John Street. Phone 595.

UPHOLSTERER. W. J. GAVINE, UPHOLSTERING, repairing and carpet work, hair matting, reupholstering. Drop a card or call 214 Bagot Street.

OCEAN STEAMSHIP AGENCY. TRANSATLANTIC LINES, ALL CLASSES. C. S. Kirkpatrick, Agent, 42 Clarence Street, Kingston. Phone 568.

HOTELS AND RESTAURANTS. BRUNSWICK HOTEL, ONTARIO ST. opposite G.T.R. station, one block from C.P.R. Station. The hotel is supplied with best of wines and liquors; charges moderate; special rates by the week. J. Cousineau, Prop.

THE GRIMSON HOTEL, 242-244 Princess Street. Bar stocked with the best of Ales, Beers, Wines, Liquors, and choice of Brands of Cigars. Meals, 25c each, or special rates by the week. Yard and stable accommodations. Rates reasonable. Mulville & Driscoll.

ARCHITECTS. HENRY F. SMITH, ARCHITECT, ETC., 253 King Street. Phone 345.

ARTHUR ELLIS, ARCHITECT, 181 University Avenue. Telephone 1013.

WM. NEWLANDS & SON, ARCHITECTS, Office, 223 Bagot Street. Phone 608.

POWER & SON, ARCHITECTS MERCHANTS' Bank Building, corner Brock and Wellington Streets. Phone 212.

BUSINESS CHANCES. ANYONE, ANYWHERE, CAN START a mail order business at home. No canvassing. Be your own boss. Send for free booklet. Tell box Heacock, 2,969 Lockport, N.Y.

FOR SALE OR TO LET. THE EXTENSIVE BUSINESS PREMISES for many years occupied by Henry Skinner & Co., Wholesale Druggists, extending from Princess Street to Queen Street, with frontage on both, and including extensive buildings. Apply to Cunningham & Muide.

OSTEOPATHY. "HEALTH WITHOUT DRUGS"—R. G. Ashcroft, D.O., Edna E. Ashcroft, D.O., Graduates under Dr. Still, the Father of Osteopathy, 425 Princess Street, corner Division. Phone 447. No charge for consultation and literature. Office hours, 10 to 12, 2 to 5, 8 to 9.

CARPENTERS AND BUILDERS. DROP A CARD TO CHAS. W. KELLAR, Carpenter and Builder, 256 Division St., for reasonable prices on all kinds of Jobbing. All work done promptly.

DROP A CARD TO JOHN R. MAYELL, Carpenter and Joiner, 252 Sydenham Street North, for reasonable prices on all kinds of Jobbing. All work done promptly and neatly.

ESTABLISHED 1866. FUEL FOR SPRING

New soft and hard wood cut and split. Any quantity delivered. Cannell lumps for open fires.

J. SWIFT & CO. PHONE 135

PERSONALS. MEDICAL. J. F. SPAIRKS, B.A., M.D., PHYSICIAN and Surgeon, 109 Wellington St. Office hours, 10 to 12 a.m., 2 to 4 and 7 to 9 p.m. Phone 366.

PERSONALS. HAIR. H. G. LEE, BIRTHDAY, Wigs, etc., removed permanently without pain. Twenty years experience. 107 King Street, 2nd floor. For more, Toronto and St. Louis. Hair Specialist, 258 Bagot Street.