

A MAN who declared: "Money talks,"
(The scheming and saving old fox.)
Said, "A shine for a dime!"
Nay, nay—POLO for mine—
Fifty shines has a single dime box."

POLO

SHOE POLISH

POLO BIG boxes not only give you more for your money, but keep the paste fresh longer than a smaller box can. Ask your grocer or shoeman for Polo—the polish in the BIG box—black or tan. The tan both cleans and polishes.

10¢

"Good for Leather—Stands the Weather"

We Manufacture **PLUMBERS' SUPPLIES**
Write for Prices.
THE CANADA METAL CO., LTD., - TORONTO

Our experience has given us the necessary skill of making the

BEST PASTRY THAT CAN BE MADE

CREAM ROLLS AT 25¢ PER DOZ.,
BERRY TURNOVERS AT 25¢ PER DOZ.,
Are two delicious Pastries which fairly melt in your mouth.

R. H. TOYE, 302 King St. Phone 141

..New Cocoanuts..

Pineapples, Tomatoes, Bananas,
Florida Grape Fruit,
Sweet Navel and Mexican Oranges.

166 Princess St. **A. J. REES, Phone 58**

THE UNIQUE GROCERY AND MEAT MARKET is the place to trade. Good Quality. Prices Right.

C. H. Pickering,
400 PRINCESS STREET. Phone 530.



SHOES for Easter

Just Arrived

UTZ & DUNN'S
BEAUTY IN FOOTWEAR.
Latest Creations,
BOOTS, PUMPS, OXFORDS.

Newest designs in Gun Metal, Pat. Colt, Ooze Ct., Velvet, Panama Cloth and Cravenette.

The Sawyer Shoe Store
212 Princess St.
PHONE 159.

TO CURE DANDRUFF.

It is Necessary That the Dandruff Germ be Eradicated.

"Destroy the cause you remove the effect." Kill the germ that causes dandruff, falling hair and baldness, you will have no more dandruff and your hair must grow luxuriantly. Herpicide not only contains the dandruff germ destroyer but it is also a most delightful hair dressing for regular toilet use. No other hair preparation is on this scientific basis of destroying the dandruff germ, and none other claims to be, for the simple reason that it is only recently that a destroyer of the germ has been discovered—Newbro's Herpicide, the only hair preparation that actually kills dandruff.

Sold by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich. 81 bottles guaranteed. James B. McLeod, special agent, Kingston, Ont.

Rich as Cream

Make a regular meal-time habit of this palate-tempting beverage

Labatt's ALE

Absolutely pure, mild, mellow and delicious. It nourishes, and is especially good for people who don't sleep well. Order some to-day.

At all Dealers

JOHN LABATT
OF LONDON, CANADA
Local Agent,
JAMES McPARLAND,
339-341 King St. E., Kingston.

HOW TO SWIM EASILY

INHALE THROUGH MOUTH ABOVE THE WATER.

Exhale Through Nose Below— Knowledge Called First Essential in Campaign Against Drowning Accidents.

In the art of swimming there is not a single animal that cannot give man a pointer on how to propel himself in or on the water.

In our endeavor to swim like a frog we do three times the work as is necessary in order to glide along the surface. In swimming under water we have a much more effective method of propulsion in the "scissors" kick, with less liability of being tangled up by weeds than in the "frog" kick.

It is out of the question, for man to try to imitate any motions of a fish, but one should expect some pointers from a warm-blooded animal like a seal in its method of breathing. But here, too, we are to be disappointed, for the southern seal always breathes out above water.

Struggling is Useless.

Any four-legged animal when dropped into water for the first time has simply to set up a running motion and it will swim—it has nothing to learn, so far as air is concerned. On the other hand, the running motions a human being uses on land will in no way help him in the water. In fact, his ridiculous endeavors to clutch air, as if it were a rope or the branch of a tree, simply weigh his mouth and nose beneath the water level, where he cannot inhale air, but smothers to death in agony.

Now, let us see why we drown so easily, and then how the simplest trick or stunt known will prevent anyone but a mere infant from drowning. Watch the effort of a non-swimmer while struggling in the water and observe his mistakes. He is sure to try to get high out of the water. This little finger out of the water will weigh more than the whole body of a buoyant person in the water. This can be proved by procuring a pair of steel yards and weighing a person whose lungs are large and who has more fat than muscle. The person in the water will register nothing on the scales, while the little finger may weigh two ounces.

Don't Exhale Above Water.

Non-swimmers, in their desperate struggles, are doing everything to drown themselves, for they not only are throwing their hands high out of the water, which is the quickest and surest way to sink, but they are exhaling all the air out of their lungs while above water, either by calling for help or by the ordinary process of exhaling. Here is the only real reason why we drown—we exhale the air from our lungs above water.

Now, dwell on this fact, for the key to the art of swimming is to breathe out through the nose under water and to breathe in through the mouth above the water level.

This feat, trick, or stunt, whichever you may call it, can be learned by anyone. It is vastly more important as a lifesaver than motionless floating. The lungs can be filled to their depths in one-fifth of a second through the open mouth, while one can exhale at more leisure beneath the water level through the nose.

Practice Trick at Home.

This trick can be practiced in a bath tub or even in a wash bowl. In the swimming pool one can best acquire this rhythmic breathing by going up and down. Outdoors it is better to get in two feet of water and place your hands on the said. Then by imitating and raising the head in rhythmic with deep breathing, the ability to breathe out under water can be acquired by a little persistence.

In these exercises don't close your eyes and rub your face down with your hands when you come up for air, but open your eyes and your mouth and take a quick gulp of air. Then duck, holding the air until the lungs have made use of the oxygen, pressing the air out through the nose, having the mouth closed, of course.

Knowledge of this art also enables a person to swim down in the water, while the swimmer who keeps the head and shoulders above water has to put on an unnecessary amount of power to sustain the body at a wrong angle. A perfect horizontal measured by the spirit level, is the only correct position for the body in the water.

Keep Head in Water.

The head should not be lifted up for air, but the mouth should be swung around, while the top of the head is held well down in the water. In sprouting at every second or third stroke by a turn of the neck muscles, the face can be turned up and air taken in through the mouth.

The body should not roll in the water, even in the straggled stroke, for the half turn of the neck muscles is sufficient to enable a person who swims with his head down to secure the air required.

Some hygienists might object to this method of breathing as the opposite of that taught by all trainers. I acknowledge they are right so far as work on land is concerned, but over the water there is no dust suspended, so inhaling through the mouth is not injurious, while we can fill the lungs full of air more easily and more quickly than by inhaling through the nose.

A Repulsive People.

Full Mail Gazette.

The inhabitants of Dutch New Guinea are not an attractive race. "The native woman," says Dr. Eric Marshall, the explorer, "drags up the children, cuts the firewood, brings in the sago, works the canoes, occasionally proving her skill as a warrior in the family and village quarrels, and always coming off best with her tongue. She is usually content with a strip of bark cloth. When in mourning she dispenses even with this. The male sex predominates, and most of the men have to be content with one wife. On the death of a man the widow, clad like Eve, but as ugly as Satan, crawls around the grave, wailing and chanting, performing weird movements with arms and body, which may or may not be meant for dancing."



CHAPS and roughness of the skin are relieved by the use of Sanitol Pure Cold Cream. As a massage it cleans when soap will not. Applied before putting the hands into grease, or things that soil, it protects. It is antiseptically pure and snow white in color. Look for the turquoise blue jar.



For Catarrh

Medicine Free in Every Case Where It Fails to Relieve.

Neglect or pessimism, we believe, is the greatest enemy the public has to contend with when applied to the loss or recovery of health. Practically every case of consumption might have been cured if hope had been maintained and proper treatment had been resorted to at the first symptoms of the disease. Until the advanced stage is reached consumption is curable. Catarrh is responsible, we believe, for many cases of consumption. It is about catarrh we want to talk to you to-day, incidentally consumption, since the two are so closely allied.

We have a medicine made from a prescription of one of the most successful catarrh specialists known. We believe it is positively without an equal. We are so satisfied that we are right that we will supply the medicine free in every instance where it is used according to directions for a reasonable length of time, should it fail to give satisfaction in any particular. We want every one to try this medicine at our risk. There are no conditions, attached to our offer. We put the user under no obligation to us whatever.

The medicine we want you to try is Rexall Muc-Tone. It is a catarrh remedy that goes direct to the seat of trouble. It is carried by the blood to every part of the system. It purifies and cleanses the blood, tones up the mucous cells, and brings about a condition of health and strength that tends to prevent the germs of consumption from getting a start. Besides this, Rexall Muc-Tone is a wonderful appetizer, digestive aid and flesh builder. Its good effects are often felt from the very first dose. It is one of the largest and most satisfactory selling medicines that we have ever had anything to do with.

We know so much of the great good that it has done that we personally back it up with our reputation and money, which fact should be ample guarantee to satisfy anybody. Rexall Muc-Tone comes in two sizes, 50c. and \$1. We urge you Rexall Remedies in Kingston only at to try it. Remember you can obtain our store—The Rexall Store, G. W. Mahood.

THE ENERGY FOOD

The Vim and Vitality One Gets From Oats

There is something in oats which creates spirit and energy. No other grain can bring results like them. Everyone knows what oats do for horses. They have the same effect on man.

An extract of oats is employed as a tonic. It is absolutely free from any danger. That's why energetic men—men of vim and spirit—are said to "feel their oats."

In Quaker Oats the finest oats—Canadian grown—are subjected to 62 siftings. Just the rich, plump grains are used. There are only ten pounds of Quaker Oats in a bushel.

These grains have the maximum of richness and energy. They are also the most delicious. To eat Quaker Oats once a day for a month will show to the limit what tonic effects, what bubbling vitality one can get from oatmeal. One never knows how good oat food is, or what it can do, until he tries Quaker Oats.

Made in Canada. (109)

THE STRENGTH OF A CHAIN

Is that of its Weakest Link. Father Morrissey's No. 10 Forges it Answ.

The chain of the physical system is only as strong as its weakest link. When that link breaks, the chain breaks, and serious illness followed by death often results. The weak link with many people is the throat and lungs. In fact, statistics show that over twenty-five per cent of all deaths can be directly traced to diseases of these most important respiratory organs. Weakness here is very dangerous.

During his long and successful practice, Father Morrissey, the learned physician, was often called upon to treat bronchial and pulmonary affections. He soon found that it was not enough to make temporary repairs on the "link," but that it had to be forged anew, in order permanently to strengthen the chain.

After much study, he succeeded in devising a prescription that would secure this result, by not only giving prompt relief but also by rebuilding and strengthening the delicate cells and membranes of the throat and lungs.

This prescription, Father Morrissey's Lung Tonic, or No. 10, has cured thousands. It is absolutely free from any dangerous drug, being compounded from Nature's own roots, herbs and balsams.

No. 10 stops the cough, relieves the soreness and strengthens and fortifies the system against future attacks. Even in the early stages of consumption it has proved helpful, but the wise plan is to take it in time, and avoid serious disease.

In our climate it is well to have a reliable and tested remedy like No. 10 always on hand. Take it at the first appearance of a cold, and keep the chain of life strong and capable of resistance.

Trial size 25c. per bottle. Regular size 50c. At your druggist's or from Father Morrissey Medicine Co., Ltd., Montreal, Quebec.

Sold and guaranteed in Kingston by Jas. B. McLeod.

Many a "wantering boy" is made so by the indifference of his parents.

THE INVESTITURE OF PRINCE EDWARD

A Magnificent Pageant Will be a Part of the Ceremony in Wales in July

Never, in all its history, has gallant little Wales witnessed anything one-tenth part so imposing as the magnificent pageant which the King arranged in connection with his oldest son's investiture as Prince of Wales, a ceremony which has not taken place since Henry VII sat on the throne.

In the King's honor the Home Fleet will guard Carnarvon Bay while the whole of the Welsh Territorial (reinforced by British cavalry) will be mobilized for the occasion.

The actual ceremony of investiture will be performed by the King himself (not, as has been erroneously stated, by Queen Mary, although, of course, she will be present) inside Carnarvon Castle room will be found for 15,000 leading Welshmen to witness the proceedings, the poetry and music symbolism of which are of a nature to appeal strongly to a Celtic people.

The precise ritual of the investiture has not yet been published, but if ancient precedents are followed, the picturesque ceremony will be approximately as follows:

Wearing a crimson mantle, young Prince Edward will be formally presented before King George, who will be robed in purple and gold and all the stately trappings emblematic of his Royal station. With his own hands the King will place upon Prince Edward's head a chaplet of gold, made in the form of a garland, as a token of princely dignity. Next the King will put into the Prince's hand a sceptre of gold, the emblem of government. Finally, his Majesty will place a ring of gold upon his betrothed's middle finger, at the same time adjuring him to be a husband to his country and a father to its children.

When the Welsh bishops have led the Prince of Wales to a species of throne and seated him upon it with due solemnity, the investiture proper will be completed. But there still remains the picturesque act of the Prince's presentation to the people.

Opposite the famous Eleanor Gate of Carnarvon Castle there is a big quarry. When collared and fitted up with seats this will form a grand stand to accommodate 50,000 people, all of whom will have a perfect view of the scene, over which a temporary platform will be constructed.

When a fanfare of trumpets announces that the ceremony inside the castle is concluded, every neck will be craned for a good view of the King and Queen and the young Prince as they mount to their place above the Gate. From this same spot seven centuries ago, King Edward I. presented his infant son to the Welsh people to be their Prince. There will be a breathless hush while King George V. stands forward and in ringing tones presents his own first-born as Prince of Wales in the same way.

So long as he lives no Welshman, who witnesses that soul-stirring spectacle, and hears the thunderous echoes of the people's cheering, peal on peal, is likely to forget it. So far as the King is concerned a magnificent banquet will conclude the proceedings, but for a week thereafter historic Carnarvon and all Wales will hold high revelry.—Penny Pictorial.



KING GEORGE V. When a little sailor Prince.

MANY REQUESTS

But Few Are Granted—Applications for Presentation.

Earl Spencer, the Lord Chamberlain, has been working from early morning to dewy eve trying to cope with the applications from all sorts of possible and impossible persons for presentation at Court which have literally poured in on him for the last month.

No less than 2,000 names have been received for the May Courts alone, and as only a limited number possibly can be invited there will be many and hearty. It is one of Earl Spencer's tasks to refuse applicants and at the same time to calm their feelings—not an easy job, by any means.

NEWFOUNDLAND REPRESENTATION.

Twenty naval reservists have been invited by the British Admiralty to represent Newfoundland among the colonial naval forces participating in the Coronation ceremonies of King George.

TO REPRESENT THE STATES.

Mr. John Hayes Hammond will represent the United States at the Coronation of King George.

Coronation Millinery.

Because the King of England is to be crowned in June the prevailing theme in the headgear for 1911 in America will be "coronation." This pronouncement was made by delegates to the annual convention of the National Association of Retail Milliners early in the year in New York.

As to trimming, it is asserted that ribbon and lace flowers have come to stay. The latter must be white. Among the flowers, roses, buttercups, saffies, dandelions and sweet peas find favor. Coronation colors predominate, but these probably will give way to individual needs as summer progresses.

It's a good thing for a man to jump up against the proof of his own importance occasionally.

The devil finds his best field of operation with receptive Christians.



HERE'S the very thing you'll want this summer—the "IDEAL" Hammo-Couch. You can tell to look at it how much more comfortable and serviceable it is than the saggy, skimpy, shifty "half-moon" kind. Has springs, and a soft, substantial mattress on a steel frame base. Covered with heavy tan drill. Strong and roomy. Built for real comfort and good service. Supported by steel frame, or sold separately to hang from porch ceiling.

Write to-day for FREE Hammo-Couch booklet and names of stores where you can see it, sit in it and realize what a treasure it is. Address our office nearest you. Ask for Booklet No. 10

THE IDEAL BEDDING CO. LIMITED
MONTREAL-TORONTO-WINNIPEG

Be sure you get the genuine "Hammo-Couch." Most stores sell it.

When you buy Hammo-Couches see that this label is on the foot-rail.

The Wonderful Overland CARS



OVERLAND MODEL 52 WITH FIVE DOORS

READ AND COMPARE VALUES With All Others

- Model 52, 5 Pass., 40 H.P., fore-door "Touring Car" 114-inch wheel base, \$2,775.00 Bosh Magneto, fully equipped, delivered in Toronto.
- Model 51, 5 Pass., 30 H.P., fore-door "Touring Car" 110-inch wheel base, Remy \$1,775.00 (new model Magneto, fully equipped, delivered in Toronto).
- Model 49, 5 Pass., 25 H.P., fore-door "Touring Car" 102-inch wheel base, Remy \$1,450.00 Magneto, fully equipped, delivered in Toronto.
- Model 38, 4 Passenger 25 H.P. family car that is reliable under all conditions, \$1,175.00 Fully equipped.
- Model 46 Two Passenger Torpedo Roadster, 25 H.P., fully equipped, hand-\$1,175.00 (some, powerful, durable and simple to operate.)
- Model 45, Business Men's or Professional Men's Runabout, two passenger, 25 \$1,050.00 H.P. The most substantial article in the market. Fully equipped.

Also fifteen other models, particulars of which will be furnished on application.

Demonstrations will be given by appointment from 8 o'clock a.m. to 2 o'clock p.m., any week day.

Don't delay. If you contemplate buying get your order in and avoid losing the best of the driving season, as only cars ordered now will get prompt delivery.

Shaw-Overland Sales Co.
53 to 59 Adelaide St. West,
TORONTO, CANADA
"Live Agents Wanted"

"For Tea You Can't Beat Lipton's"

The Satisfaction of Millions Proves This Truth.
They Always Want An Encore of

LIPTON'S TEA

Over 2 Million Packages Sold Weekly

The pronoun "I" is an essential to the man who deals in self-praise. The rounder in the community always displays his own trade-mark.