

DANGERS OF FAT

HOW FAT AFFECTS THE LIVER

Next to the heart there is no organ so important as the liver. It is the great storehouse of the body...

REMOVAL NOTICE

Owing to rebuilding, Myers Meat Market has removed to 115 Brock Street, near Peter's Flour Store.

H. J. MYERS 115 Brock St. Phone 570.

YOU CAN DEFY HEADACHE!

Yes you can, with a box of ZUTOO Tablets in your pocket or home. Taken when you feel a headache coming on, one little tablet will ward it off—up in the bud. Taken later it will cure the headache in twenty minutes.

AN APPEAL TO WIVES

You know the terrible affliction that comes to man, comes from the result of a drinking and or on you know of the money...

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver, cure Bilemness, Head, Stomach, Indigestion. They do their duty.

Toronto Man Cured of Intolerable Itch

By Cuticura Soap and Cuticura Ointment. "I just want to say a good word for Cuticura Soap and Ointment. Four or five years ago I was in Port Arthur, and I had an attack of the Itch. It certainly was an intolerable substance. The itching was principally at night before I went to bed. The Itch was especially affected."

KINGSTON'S Y.I.C.B.A.

CELEBRATES ITS THIRTY-EIGHTH ANNIVERSARY

On Monday Evening—John J. Behan Has Been President for Twenty-eight Years—A History of the Organization.

The approach of the Thirty-eighth anniversary of Young Irish Catholic Benevolent Association is drawing to the attention of many of its old friends and members, and calling from them many reminiscences of the organization's foundation and history.



JOHN J. BEHAN, President of Kingston Y.I.C.B.A. for twenty-eight years.

featurnity, of providing sick and death benefits, and giving them the convenience of club and reading rooms. A meeting was called and arrangements made to make a canvass of the young men with this end in view, with the result that on the evening of April 8th, 1874, a society was instituted under the name of the Young Irishmen's Catholic Benevolent Association of Kingston.

After the first president elected was the late P. J. Jennings, who died within the last few years in Detroit, Mich., and who held the office for two years. Shortly after its inception, the society affiliated itself with a union of societies then in existence in the province of Ontario, which bore names practically the same as that under which the Kingston society was founded.

Since that time the Canadian organization ceased to exist, but the Kingston branch retained its membership in the union, and has continued to do so up to the present. It might be mentioned incidentally that a convention of this organization was held in Kingston some time ago, and that another is proposed in August, 1912.

Going back to the early days of the society, its first meeting place was in its present building which was formerly the old First Congregational church. The association afterwards leased a hall in the building now occupied by R. H. Toye, on King street, but finally returned to their old quarters, which, at considerable expense, were remodelled, making two large halls, one for meeting purposes and the other for reading and recreation room, and this has been their home ever since.

There are about 1,000 ex-members of the society scattered over Canada and the United States, where they went during the less prosperous days that the present to find themselves homes. In spite of the constant drain on its membership, the society now boasts of about 200 on its roll.

Among the early presidents of the association were: P. J. Jennings, already referred to; P. J. Barric, now of St. Paul, Minn.; James Fannon, now of Toronto; W. J. Garrigan, living in the United States; the late Peter Milne and Messrs John Collins and Peter Donoghue, of this city. The present occupant of the president's chair, J. J. Behan, has filled it for twenty-eight years, and in addition to this he has occupied, at different times, the office of vice-president, recording secretary and treasurer.

NO MISERY FROM STOMACH.

Gas, Dyspepsia, Sourness and Indigestion Go in Five Minutes.

Every year regularly more than a million stomachs suffer in the United States, England and Canada take Page's Bismarck, and realize not only immediate but lasting relief.

This harmless preparation will digest anything you eat and overcome a sour, gassy or out-of-order stomach in five minutes afterwards. If you're really don't get comfortably or what you eat has like a lump of lead in your stomach, or if you have heartburn, that is a sign of indigestion.

Get from your pharmacist a 50c. case of Page's Bismarck and take a dose just as soon as you can. There will be no sour risings, no belching of undigested food mixed with acid, no stomach gas or heartburn, fullness or heavy feeling in the stomach, nausea, debilitating headaches, dizziness or intestinal grating. Things will all go, and, besides, there will be no sour food left over to be stored in your stomach, because Page's Bismarck is a certain cure for out-of-order stomachs, because it takes hold of your food and digests it just the same as if your stomach wasn't there.

Relief in five minutes from all stomach misery is waiting for you at any drug store.

These large 50c. cases contain more than sufficient to thoroughly cure almost any case of Dyspepsia, Indigestion or any other stomach disorder.

ness with which they have been fitted up, giving the members the best opportunities for recreation and social intercourse. The members are naturally quite proud of their society and intend to take advantage of the Monday night meeting to celebrate in a special way the thirty-eighth anniversary of their organization.

The present officers are: Chaplain, Rev. R. Halligan; president, John J. Behan; first vice-president, Hugh Gibson; second vice-president, Frederick Lamb; recording secretary, H. V. Eves; financial secretary, C. T. Cross; treasurer, A. W. Gannon; marshal, P. Fannon; librarian, John Fitzgerald, Jr.; sergeant-at-arms, John Bulger; finance committee, H. V. Eves, M. Campbell, P. Donoghue; property committee, J. Laughlin, T. Sullivan, A. Watson; enquiry committee, Rev. R. Halligan, E. J. Clayton, P. Clark, L. Linaugh; entertainments committee, J. J. Behan, C. T. Cross, J. T. Martelli, S. P. Mather, Thomas Walsh, W. F. Maitland, H. V. Eves; visiting committee, Sydenham ward, L. Linaugh; W. J. Fitzgerald; Ontario ward, J. Donagan, J. Purcell; St. Lawrence ward, J. Burns, J. T. Martelli; Cataract ward, T. Walsh, J. McGowan; Frontenac ward, W. F. Maitland, W. Payne; Victoria ward, A. Sharpe, H. J. Shanahan; Rideau ward, A. Watson, W. Palmer.

Make Your Will To-day.

If you have not already made your will you should lose no time in doing it. The unexpected usually happens. The Trusts & Guarantees Co., Limited, 43 and 45 King Street, West, Toronto, make a good executor under all circumstances, and at small expense to your estate. Appoint the company executor, and let them hold your will in their security vault, free of charge until required.

To Give a Lecture.

W. S. Herrington, K.C., Napanee, is to lecture before the Canadian Club on Thursday evening next on "Mexico, Ancient and Modern." It will be illustrated by limelight views. The lecture is to be complimentary to the club members and their friends. Tickets to be provided for the purposes. Mr. Herrington's lecture delivered several times before, is full of interest as he has just returned from a lengthy visit there.

Spring work has commenced in the southern portions of the western provinces.

Spring work has commenced in the southern portions of the western provinces. Simeon county, died at Barre.

SHE QUIT

And Much Good Came From It. It is hard to believe that coffee will put a person in such a condition as it did a woman of Apple Creek, O. (This is just as harmful as coffee because it contains caffeine, the same drug found in cocaine). She tells her own story:

"I did not believe coffee caused my trouble, and frequently said I liked it so well I would not quit drinking it, even if it took my life, but I took a miserable sufferer from heart trouble and nervous prostration for four years.

"I was scarcely able to be around at all. Had no energy and did not care for anything. Was emaciated and had a constant pain around my heart until I thought I could not endure it. I felt as though I was liable to die any time.

NAPANEE MARRIAGES

ONE OF THEM WAS PERFORMED AT CAPE VINCENT.

Cases Before the High Court—Damages of \$200 for the Seduction of a Girl—Visitors in and Out of Napanee.

Napanee, April 6.—The marriage of Miss Freda Holmes and Garret M. Taylor. The ceremony was performed at Cape Vincent Aug. 4th last.

Another wedding of interest to Napanee was solemnized on March 29th at the Presbyterian manse, by Rev. Dr. A. L. Howard, when Mrs. Beatrice T. Quick, daughter of W. H. Hunter, was married to Bertram D. Morgan, of San Francisco.

Mrs. R. L. McAtee, of Toronto, is spending the Easter vacation with her parents, Mr. and Mrs. Z. A. Grooms, Misses Ethel and Katherine, are spending Easter with their father, W. H. Perry, in Toronto. Mr. and Mrs. P. O. Bersey and children are spending Easter with friends in Morrisburg. James A. Ferguson left this week for a vacation at Atlantic and points west.

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At St. Mary's Cathedral. On Good Friday morning, in St. Mary's cathedral, the grace Archbishop Spratt, celebrated the mass of the "resurrection" and Rev. Fr. Hogan, M. McDonald, and J. P. O'Connor sang the "Passion." In the evening a sermon was preached by Rev. Father Jones, of Toronto, and the veneration of a relic of the true cross took place.

This morning the water was blessed and the benediction of the saints recited. Then came canticles of praise and exultation, amidst the pealing of the organ and the sounding of bells.

New Hats for Easter.

The products from the leading hat factories of the world are included in our stock and the largest stock of men's up-to-date hats in this part of Ontario awaits your inspection here. \$1, \$1.50, \$2, \$2.50, \$3, \$3.50, \$4, Campbell Bros., the style center for men's hats.

Thursday Evening Runaway.

A very lively runaway occurred on Princess street on Thursday evening, about 6.30 o'clock, when a number of people were returning from work. The horse started near the corner of Alfred street, and dashed down at the terrific rate. A young man was the only occupant in the rig and he stuck to the reins. When he got to the corner of Ontario street the horse was somewhat under control and was later caught. The young man had great grit to stay with the horse the way he did when it was traveling at such a terrific rate.

Horses Broke Through Ice.

On Friday morning, the horses attached to the express sleigh, coming from Cape Vincent to Kingston, broke through the ice in the American channel, but were not safely out as help of help was close at hand. Some of the express parcels got a bit wet. The passengers walked over the ice to the island. Crossing on the other channel is now over.

Still Being Held.

John Murray, released from the penitentiary some time ago, and who was arrested in London in connection with the abducting up of a safe at the Aga roller mills, was dismissed by the city police and afterwards held on a charge of vagrancy by the county police. It is alleged that he had in his possession agency and checks taken from the Aga safe, which was cracked.

Men's Hats for Easter.

The products of the most famous and successful hat makers in the world are included in our new stock. See our smart styles in derbies and soft hats. \$1.50, \$2, \$2.50, \$3, \$4, Campbell Bros., the largest importers and dealers in men's hats in this part of Ontario.

"Pink Lady" Not Coming.

It will be and news to a great many local theatre-goers to know that "The Pink Lady" will not pay a visit to Kingston this season. Many have been waiting for this big attraction, but the Whigs has been informed, by the local management, that the production has not been booked.

Registrar L. A. Audette, of the exchequer court of Canada, has been appointed assistant judge on the exchequer court bench.

Perfect comfort for the feet. Dr. Vernon's cushion sole boots, for men and women. Dutton's. The provincial convention of the Sunday School Association will be held in Hamilton on October 21st to 24th.

THE TACTICAL SOCIETY

Addressed by Major D. I. V. Eaton on Artillery's Duties.

The proper employment of artillery fire in co-operation with the other branches of the service, was the subject of the lecture delivered by Major D. I. V. Eaton, R.C.I.A., before a well-attended meeting of the Kingston Tactical Society, in the Armouries Wednesday evening. Col. T. Benson, officer commanding 3rd division, presided.

Major Eaton dealt with his subject in a very clear and concise manner and touched on the composition, strength and characteristics of the artillery. As no branch of the service can act with any degree of success, independently, the "A" battery commanding officer explained how the fire is controlled, and the methods by which the artillery assists the infantry in the attack.

After the lecture a number of questions relative to the subject were asked Major Eaton by the officers present, which he readily answered.

Col. Benson said that, through the war games and the lectures the staff was striving to have the officers of the different branches of the service become familiar with the methods by which each strove to aid the other.

Major Horden, general staff officer, 3rd division, reviewed some of the lecturer's points, that the artillery cannot take the position, but assist the infantry forward, and the latter to help the artillery to find a target. Communication, fire range, etc., were discussed freely.

The lecturer had an eighteen-pounder shrapnel shell at hand, and explained its composition, discharge and effect.

MUST BE AWAKENING

Of Public Conscience in Regard to Hospitals.

At the sixth annual meeting of the Canadian Hospital Association at the parliament buildings, Toronto, Dr. H. A. Boyer, superintendent of the Kingston General Hospital, the president, opened the meeting with an address on economy and efficiency in hospital administration. Larger and larger sums of money, he said, would be required for hospitals, and superintendents would have to gather about them industry and assistance. There must be a feeling of responsibility among all the members of an hospital staff.

The hospital, Mr. Boyer said, should live within its revenue. It would only do so when municipalities became more generous in support of such institutions. Dr. Boyer was pleased to see that the legislature had passed an act under which municipalities would pay for the maintenance of their indigent sick in hospitals. There must, he declared, be an awakening of the public conscience in order that more money might be supplied to secure a more efficient service in the hospitals of the country.

St. Catharines ratepayers have carried the by-law to take over the gas plant.

A Man With Piles Cannot Work

The depressing, undermining influence of piles seems to affect mind as well as body until the sufferer from this annoying ailment feels miserable and utterly cast down.

The itching, stinging sensations which accompany piles are bad enough. The search for cure and thought of a surgical operation do not tend to cheer one up. Many get discouraged and allow their futures to be ruined by this wretched ailment.

It is so easy to relieve piles by the use of Dr. Chase's Ointment that it seems strange that anyone should neglect to give this treatment a thorough trial. If you could only read some of the letters from cured ones who had suffered ten, twenty or thirty years you would no longer doubt the effectiveness of Dr. Chase's Ointment in the relief and cure of piles.

SOCIETY GARMENTS.

The opera cloak and the dress coat can only be kept always ready for use by allowing us occasionally to go over them. Our French Process does this work in great style.

R. PARKER & CO., Dress and Cleaners, 25 Prince Street, Kingston, Ont.

WARDE MEDAL THE OLD RELIABLE NEVER CHANGING STANDARD SPECIAL LIQUEUR The Finest Scotch Whisky of great age. John Dewar & Sons DISTILLERS, PERTH, SCOTLAND. POSITIVELY GUARANTEED ALWAYS THE SAME HIGH-CLASS QUALITY! SEE THAT YOU GET IT, WHEN YOU ASK FOR IT? J. M. DOUGLAS and COMPANY, MONTREAL, CANADIAN AGENTS.

HIGH GRADE SHOES FOR MEN AND BOYS All New Spring goods, Tans, Blacks, Buttons and Patents. Prices to suit all pockets. JOHNSTON'S SHOE STORE 70 BROCK STREET.

EDDY'S SILENT MATCHES are made of thoroughly dried pine blocks. The tips, when struck on any surface whatever, will light silently and burn steadily and smoothly without throwing sparks. Eddy's Matches are always full M. M. count-ask for them at all good dealers. The E. B. EDDY COMPANY, Limited, Hull, Canada. Makers also of Toilet Papers.

La Diva NON-RUSTABLE CORSET For Short or Medium Figures. La Diva Corset No. 718 shown herewith, is a Paris design, brought over by our designer on his last trip, the only change being to adapt it to the slightly fuller and stronger forms of Canadian women. (This is why so many imported corsets pinch and hurt.) It is ideal for the short and medium figure. This model, when combined with the straight loose fit of the tailored garment, gives the wearer the fashionable effect which is so much sought after by stylishly-dressed women. This corset is made of French coutil, daintily trimmed with lace, ribbon and bow, and has six suspenders, hook and draw string. It is boned entirely with duplex steel and stopped with silk. La Diva No. 718 is sold by the best retailers at \$3.00 and it will be found fully equal to any imported corset at \$4.50. Like every other La Diva, this model is fully guaranteed. Other models are sold at from \$3.00 to \$7.00. The Dominion Corset Company Quebec 718 Makers of the Celebrated D & J Corset 6-12