

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 central organ 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, and Indigestion.

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 thighs were 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.



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.

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.

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...

Relief in five minutes from all stomach misery is waiting for you at any drug store. These large 50c 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.

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.

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."

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.

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.

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.

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 August 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.

Mr. H. L. McAtee, of Toronto, is spending the Easter vacation with her parents, Mr. and Mrs. Z. A. Grooms. Miss Ethel and Katherine are spending Easter with their father, W. H. Perry, in Toronto.

Mr. P. O. Bersey and children are spending Easter with Mr. and Mrs. J. A. Ferguson at their home at this week for a vacation at Atand and points west.

Mr. J. P. Smith's Falls, is spending a few days with his wife, Mrs. E. McLaughlin. Stanhope Anderson, of Madoc, is visiting his mother, Mrs. T. E. Anderson. Mr. and Mrs. U. J. Flack and Miss Marjorie are spending the holidays with friends in Toronto and St. Thomas.

The spring assizes opened at the court house on Monday before his lordship Justice Teitel. The following jury cases were disposed of: Gardner vs. Carroll. An action brought by Alfred B. Gardner against James A. Carroll for false arrest and malicious prosecution. The jury brought in a verdict for defendant.

Pringle vs. Thompson. An action by William H. Pringle against Charles Thompson, for the seduction of Gertrude Pringle, daughter of said William H. Pringle. The jury found a verdict in favor of plaintiff and assessed the damages at \$200.

The non-jury case, Freeman vs. Beahm of Montreal, was again adjourned until next court. This is the third adjournment in this case. D. A. MacMillan, Merchants' Bank, Montreal, is sending Easter with George L. Meir.

Work commenced on the new Napanee Iron Works this week. The material is mostly on the ground for the foundation. The building is of steel frame, filled with cement, and will be practically fire-proof.

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 of the leading hat makers 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.

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.

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.

"Pink Lady" Not Coming. It will be sad 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.

THE TACTICAL SOCIETY

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

The proper employment of artillery 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 resource. 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 St., 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.

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