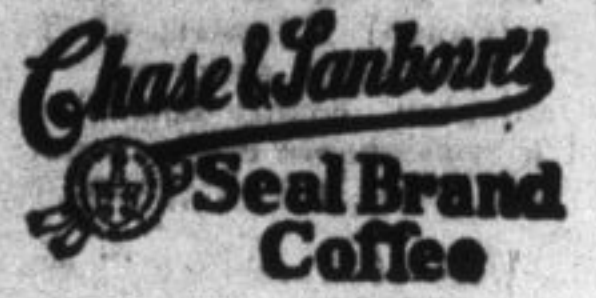




What adds more to a good breakfast—what is more enjoyed—than a cup of good coffee?

What is simpler to make?

Why deprive yourself of this morning luxury when



costs but one cent a cup?

CHASE & SANBORN, MONTREAL. 143

DRUGS EXCITE YOUR KIDNEYS, USE SALTS

IF YOUR BACK HURTS OR HEAD-ACHE, DRINK LOTS OF WATER.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidney and irritate the entire urinary tract.

Keep your bowels clean like you keep your kidneys clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity.

The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from your pharmacist about four ounces of Jar Salts; take a tablespoonful in a glass of water before breakfast, each morning for a few days and your kidneys will act fine.

Jar Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which every one should take now and then to keep their kidneys clean and active.

GRAND UNION HOTEL

Central Station, NEW YORK CITY

IN SUCH PAIN WOMAN TORE HER CLOTHES

Testifies She Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Malone, N. Y.,— "Lydia E. Pinkham's Vegetable Compound has certainly done me a lot of good. I first heard of it when I was a girl and I always said that if I ever had female trouble I would take it."

"I suffered from organic inflammation and would have spells when I would be in such pain that I would tear my clothes. One day my husband got the neighbors in to see what the matter was but they could not help me. My first thought was for Lydia E. Pinkham's Vegetable Compound and I sent my husband out for it and took it until I was entirely cured. I am a woman of perfect health and my health and happiness came from Lydia E. Pinkham's medicine. You may rest assured that I do all I can to recommend your wonderful medicine to my friends."

KING AS A FISHERMAN

HE IS DEVOTED FOLLOWER OF ISAAC WALTON.

"I am Never Quite so Happy as When I am Fishing." His Majesty Said—Every Spring He Spends Several Weeks in This Line of Sport.

If Isaac Walton could be re-incarnated it is quite certain that King George would have no greater admirer or more loyal subject than the genial "Father of Angling," who has never had a more enthusiastic disciple than His Majesty.

King Edward was an expert wielder of the rod, and caught many a fine salmon in the waters of the Dee and the Tweed; but, as old Donald Morrison used to say, His Majesty was "not awfully enthusiastic," a description which, we may be sure, Donald Stewart, King George's devoted companion and henchman on many a fishing expedition, would never apply to the present occupant of the throne of England.

"I love a gun," King George confessed recently, "but I am never quite so happy as when I am fishing the pools of the Dee, with the long day before me." And it is while fishing these pools in the royal preserves of Aberfeldie and Balmoral, remote from courts and the crowds of men, that His Majesty has spent some of the most delightful days of his life.

Every spring for many years past the King has spent several weeks at Aberfeldie, indulging to the full in his favorite pastime. Usually with only one companion, Sir Charles Caut, he makes his headquarters at a small, two-storey house, Aberfeldie Mains, a few yards distant from the ancient castle. Here he leads the simple, primitive life, rising early, faring plainly, and living entirely for his sport.

He usually starts at about ten o'clock in the morning, with his companion and a couple of attendants—Donald Stewart, His Majesty's dante—Donald Stewart, His Majesty's head gamekeeper, and Arthur Grant, the gillie, have mostly been his companions of the humber sort—and he smokes the whole day to the rod, smoking mild cigarettes almost incessantly.

About noon a carriage brings luncheon to the pools where His Majesty is working, and after a smoke and rest on the bank fishing is resumed as usual. As the light fades, when the return for dinner is made, a post-prandial cigar and a gossip over the day's sport follow, and then it is early to bed for a good night's rest before the next day's fishing.

It was at these waters of Aberfeldie that the King first learned the gentle art of wielding a rod, nearly twenty years ago, with his father and John Brown as mentors, and he still recalls his delight at landing his first fish one spring day in the early 'sixties, "Brown's" enthusiastic "Guid! Ye'll mak a braw feesher some day, Prince George."

The King, we are told, uses an 18-foot, split-cane, steel-centred rod, in preference to the greenheart beloved of the fishermen, and most of his fish have been taken with the fly. As a caster he has few equals, and he is an expert in every form of tackle. Not long ago, it is said, so keen was he on testing a new form of tackle which had been sent to St. James's Palace for his inspection that he actually left a levee which was in progress in order to gratify his curiosity.

An Ancient Pension.

A curious revelation regarding the origin of a \$1,500 pension which falls to the Lord Mayor of Dublin was made in reply to a question asked in the House of Commons the other day. It was explained that the pension was granted in consideration of services rendered to Charles II. The sum in question is a perpetual annuity granted by the Merry Monarch to the mayor of the day and his successors, for eminent services rendered at the time of the Restoration. For many years it carried with it the rank of captain in the army, with its corresponding privileges regarding command and so forth. The latter privileges have become obsolete, and the Lord Mayor of Dublin performs a military service; but the annuity is still paid out of the Consolidated Fund.

The Discovery of Blotting-Paper.

Blotting-paper was discovered purely by accident. Some ordinary paper was being made one day at a mill in Berkshire, when a careless workman forgot to put in the sizing material. The whole of the paper made was regarded as being useless. The proprietor of the mill desired to write a note shortly afterwards, and he took a piece of waste paper, thinking it was good enough for the purpose. To his intense annoyance the ink spread all over the paper. Suddenly there flashed over his mind the thought that this paper would do instead of sand for drying ink, and he at once advertised his waste paper as "blotting." There was such a big demand that the mill ceased to make ordinary paper and was soon occupied in making blotting only, the use of which spread to all countries.

Finds Mammoth's Tooth.

A strange find was made on the Yorkshire coast the other day. As a man was walking over Filey Cliff he saw a piece of ivory projecting from the cliff face. He worked at the object with his walking-stick, and disclosed the tooth of a mammoth in perfect state of preservation. It is that of a large ruminant, and weighs 12 pounds 13 ounces. Along the gum line it measures a little over twelve inches, whilst it stands eight inches in height and is close upon four inches thick. The ivory is as fresh as when the huge animal died. Mammoth remains have been previously found along the Yorkshire coast at long intervals, but nothing approaching a tooth of such giant dimensions as this one has ever been discovered.

Sympathy For Queen.

The Queen Mother recently received no fewer than 11,000 telegrams of condolence alone, and even more than that number of letters.



The Billy Allen Musical Comedy company at the Grand all next week opening on Monday night with "The Three Twins."

Depended on His Friends. A man seeking to purchase a new hat visited a haberdashery shop the other day with the proprietor of which he was on very intimate terms. After trying on several of the latest fashions he casually inquired the price of the hat. He was informed that it was sold at \$3.

"Isn't that rather steep?" remarked the customer. "Isn't it possible for you to make a reduction for me?" "I have been dealing with you for the past ten years, and it seems to me that the price is a trifle high."

"It is impossible for me to lower my price," curtly replied the proprietor. "Now, my dear man," the other again asked, "can't you make some concessions for an old friend?" "Because of our friendship you want me to make a reduction," said the owner, dismissing the subject.

"Don't you know that I depend upon the support of my friends, because my enemies don't patronize me?" The King Edward Glass. In a curio cabinet which occupies a corner in the drawing room of a handsomely furnished New York home there is a red and white Bohemian glass tumbler of odd shape.

At first glance it looks as though it had been trodden upon and flattened out. On one flat side is a raised picture of the Sprudel at Marienbad and on the other a landscape. The curious drinking vessel when it was new fell one morning from the hands of a little girl at the German spa and broke into four pieces. She carried the pieces home and said that a "stout gentleman had picked them up and said they could be put together again."

This jeweler succeeded in doing by means of wire and carefully drilled holes. The vessel has always been known in the family as the "King Edward glass" because the late King Edward was "the stout gentleman" who rescued the pieces and soothed the child in her misfortune.

Shocking Shoes. You will often run across a jolly looking individual who wears a button on which is a figure which looks like a little red devil. He belongs to the Order of the Rejuvenated Sons of Jove and must necessarily be an electrical man. The order is national in its scope and includes electrical salesmen, engineers, inventors, manufacturers and others engaged in electrical callings.

Every once in awhile the order holds a "rejuvenation." It had one at the last electrical show in Chicago. It is told that they had a pair of "electrical shoes" there through which the luckless initiate, before his rejuvenation was esteemed complete, received most startling shocks.—Popular Electricity.

Warring Against the White Plague. New York city, Boston and London have already cut in half their death rates from tuberculosis. Why should not the smaller cities and rural communities, where conditions are more favorable, do likewise? No tuberculosis in 1920 is put forth as a hope only. Yet some are optimistic enough to believe that it expresses a hope that will not be long deferred, and every effort is being made to come as near as may be possible to its realization.

A Class For Alling Pupils. Miss Katherine Nelson is in charge of a remarkable class in one of the public schools on the lower east side of New York. The class is composed of pupils of all ages. The one thing they have in common is that they are all ailing, not ill, but just not exactly well. All one side of the room set aside for this class is composed of windows, which are kept open all the time. Outside these windows is a broad balcony, where the desks are moved for the afternoon session. It is said that a week or two in this room help all the children.

The Famous Dudley Pearl. The famous Dudley Pearl has been bought by an American purchaser and is now in this country, where it is likely to remain. It weighs 200 grains and came originally from the Indian sub-continent. At one time it belonged to the Spanish royal family, and there is a painting of it in the royal gallery at Madrid. It was stolen from Spain and was unheard of for several years, when it reappeared and was bought by the Earl of Dudley, who has now sold it to the present owner, who is anonymous.

We once knew a girl who could keep a secret. She was engaged to a young man for three months before he even suspected it. ANY man's credit is apt to be good as long as his money lasts.

GERMAN CITIES.

They Now Lead the Modern World in Artistic Splendor. I know of no cities in the modern world which compare with those which have arisen in Germany during the past twenty years. There are none in Great Britain, from which country official delegations are constantly crossing the North sea to study the achievements of the German city.

There are none in France, in which country the building of cities has made but little progress since the achievements of Baron Haussmann made Paris the beautiful city that it is. There have been three great periods in which the building of cities inspired the thoughts and dreams of men.

In the age of the Antonines the Roman people gave themselves with enthusiasm to the embellishment of their cities. The great public structures, the temples, amphitheatres and palaces then erected have withstood the ravages of time and still remain the wonder of subsequent centuries.

During the middle ages the cities of Italy, France, Germany and the Netherlands erected similar monuments expressive of the love and pride awakened by their newly obtained freedom. Now again in the twentieth century the German people are expressing their pride in the fatherland and the imperial aspirations of Germany in monuments of the same permanent character and artistic splendor.

Capital cities like Berlin, Munich and Dresden as well as more commercial cities like Dusseldorf, Mannheim, Frankfurt, Cologne, Wiesbaden and Stuttgart are vying with one another in the beautiful, the orderly and the serviceable. Important as are the honesty and the efficiency of the German city, it is the bigness of vision, boldness of execution and far-sighted outlook on the future that are most amazing.

Germany is building her cities as Bismarck perfected the army before Sadowa and Sedan, as the empire is building its warships and merchantmen, as she develops her waterways and educational systems.—Frederic C. Howe in Scribner's.

Arctic Magnetism. The campaign for the extension of our knowledge of the magnetism of the earth is to be extended into the arctic regions during Captain Amundsen's north polar expedition, which is to start from Norway this summer in Nansen's former ship, the Fram. An American observer, Dr. Harry Edmonds, has been selected to accompany the expedition for this special purpose.

Amundsen's plan is to enter the polar basin by way of Bering strait and then drift with the ice. While it is not his special object to attain the pole, he hopes that the course of the drift may take him across or close to it. The increase of geographical knowledge is his aim, and he expects to be absent about four years.—Youth's Companion.

Any man who would stand well with the female of the species can give up his seat to her in a crowded car.

Ask Your Doctor. Ask your doctor how often he prescribes an alcoholic stimulant for children. He will probably say, "Very, very rarely." Ask him how often he prescribes a tonic for them. He will probably answer, "Very, very frequently." Then ask him about Ayer's non-alcoholic Sarsaparilla.

Kingston Business College (Limited) Head of Queen Street. Courses in bookkeeping, shorthand, typewriting, civil service, general improvement, and all commercial subjects. Rates moderate. Information free. H. F. Metcalf - Principal

COAL! The kind you are looking is the kind we sell. Scranton Coal. Is good coal and we guarantee prompt delivery. Booth & Co. Foot of West Street.

LADIES' and MEN'S, BOY'S and GIRL'S Hockey Shoes. AT VERY LOW PRICES. BUY YOUR SKATING SHOES. Treadgold Cycle and Sporting Goods Co. 88 Princess Phone

CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Fitch. In Use For Over Thirty Years CASTORIA. The CENTAUR COMPANY, NEW YORK, U.S.A.

Easy and Practical Suggestions FOR THE HOME DRESSMAKER. This dress is both pretty and practical and there are two or three different ways of changing its appearance, all of which are effective. For instance, the revers may be omitted and the front of the waist be left plain, with a tuck at either side.

Without a lining and the collar may have a round, square or high outline. There are also two ways of finishing the collar—with pointed or square ends. For a woman of average size, it requires 7 1/2 yards of 27-inch or 4 1/4 yards of 36-inch material to make the dress.

In using the 44-inch material, it will be necessary to open the goods before placing the pattern on it. The front and back gores may be arranged on one end, then the goods should be folded and the front and back of the waist, sleeves, revers and collar arranged to best advantage and prepared for cutting.



VOILE AND BRAID.

Practical and pretty frock of one piece design, carried out in cotton voile trimmed with braid. The revers may be omitted, however, and buttons substituted for the chief decorative effect.



No. 5441. Sizes 32, 34, 36, 38, 40, 42, 44 and 46 inches bust measure.

These Home Dressmaking articles are prepared especially for this newspaper from the very latest styles by The Pictorial Review.