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Scranton Coal Co's Coal
 Selected from the celebrated Richmond No. 4 and Ontario No. 1 Mines, the best Anthracite Coal Mines in Pennsylvania.
 Place your order with
THE JAS. SOWARDS COAL CO
 North End, Ontario Street.

**Fresh Shad
 Bluefish
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 Cods, Flounders**
Dominion Fish Co.
 PHONE 530

**How to Make Your
 Hair Beautiful**
 Ten Minutes' Home Treatment Works Wonders, Stops Falling, Itching, Scalp and Dandruff and Makes the Hair Soft, Brilliant, Lustrous and Fluffy.

Better than all the so-called "hair tonics" in the world is a simple old-fashioned home recipe consisting of plain Bay Rum, Lavender (decomposed) and a little Menthol Crystals. These three, mixed at home in a few minutes work wonders with any scalp. Try it just one night and see. Get from your druggist or the above: Bay Rum and 1/2 dr. Menthol Crystals. Dissolve the crystals in the Bay Rum and pour in an 8 oz. bottle. Then add the Lavender, shake well and let it stand for an hour before using. Apply by putting a little of the mixture on a soft cloth. Draw this cloth slowly through the hair, taking just one small strand at a time. This cleanses the hair and scalp of dirt, dust and excessive oil and makes the hair delightfully soft, lustrous and fluffy. To stop the hair from falling and to make it grow again rub the lotion briskly into the scalp with the finger tips or a medium stiff brush. Apply night and morning. A few days' use and you can see the single loose or straggling hair. This will be locked on your scalp as tight as a vice. Dandruff will disappear and itching cease. In ten days you will find fine downy new hairs sprouting up all over your scalp and this new hair will grow with wonderful rapidity. Any druggist can sell you the above. The prescription is very inexpensive and we know of nothing so effective and certain in its results.

**Baby Carriages & Go Carts
 1914 Line**

Carriages \$10.50 to \$35.00
 Go-Carts \$3.50 to \$18.00
 Sulkies \$2.00, \$3.00, \$3.50

Crib, white enamel, drop sides, \$5.00, \$6.00, \$8.00 up
 Mattresses to fit.
 Cradles, High Chairs, Baby Walkers

R. J. REID
 Leading Undertaker Phone 571

THE CREED OF THE CONSUMER

Set of Principles Worthy of Practice.
 HOME-PATRON'S PHILOSOPHY

Founded on Facts and Should Be Lived Up to by the American People—Not Religious Creed—People of North, South, East and West Can Unite For Good.

Every failure is a step to success; every defeat a lesson; every trial exhausts some tempting form of error. Not only so, but scarcely any attempt is entirely a failure; scarcely any theory, the result of steady thought, is altogether false. No tempting form of error is without some latent charm derived from truth. With these thoughts in mind I have prepared what I call the consumer's creed.

A Gate to the City. It is not a religious creed. If I were afraid I might get my metaphors crossed. This is a business creed, something like the people of New England unconsciously adopted when Lord North undertook to tax them. Therefore they had always been accustomed to divide on points. It so happened, fortunately, that their opposition to Lord North was a point on which they were all united. It was a business point.

I have written a creed upon which the people of the north, south, east and west can all unite for their own good.

A good creed is a gate to the city which has golden foundations; a misleading creed may be a road to destruction, or if both misleading and alluring it may become what Shakespeare calls a primrose path to the eternal bonfire.

Perhaps my creed is nothing more than a set of principles which it would be well for every consumer to practice. Read them and then adopt them as your very own:

First.—I do not patronize the mail order system because it is selfish and greedy and for the reason that I buy at home, where my interests are.

Second.—If this community is good enough for my family and I to live in it ought to be good enough for my family and I to buy our necessities in.

Third.—I will not take the word of the mail order house for its goods, as I want to see what I am buying, and I want to get what I pay for.

Fourth.—I do not patronize the mail order houses because they demand cash in advance, and when I am "broke" and sick and need supplies my home dealer is willing to "carry" me.

Fifth.—I patronize the home dealer because he stands back of his goods and in case of error is willing to rectify.

Sixth.—I patronize the home merchant because I believe a man ought to spend his money in the community in which he earns it.

Seventh.—I patronize the home merchant because I believe the man who sells what he produces and buys what he needs at home cannot be injured by deceptive catalogue pictures or alleged bargains.

Eighth.—I do not patronize the mail order houses because they frequently sell damaged and inferior goods, which are a man nothing to attempt to exchange. But the man I patronize—the home merchant, the man who helps to pay the town, county and state tax—will exchange any article I buy from him which is unsatisfactory.

Ninth.—I spend my money with my home merchant in preference to some mail order house in a distant city because the local merchants help to support the public schools where I send my children, the churches and the dependent poor in my vicinity.

Tenth.—I patronize the local merchant because he does not try to trick me into buying "cheap" goods, which because of their defectiveness prove to be expensive, and, further, because should ill luck or bereavement come my way my local dealer would not only prove that he was a neighbor and a friend, but a man, with a man's heart and a man's inclination to do good; not a soulless corporation like the mail order system, whose only instinct is greed and a further desire for gain.

"Do Unto Others."
 Let all citizens follow this creed and they will be blessed with happy homes and a happy life. They will become happier and at the same time improve their moral standard. Do for your neighbor what you would like him to do for you; then you are doing your full duty to yourself and to all mankind.
Moral.—Buy and sell at home.

Our idea of a poor excuse of a man is one who solicits dirty linen for his wife to wash and iron. When the man is getting the worst of the argument he is sure to say: "Well, that's just like a woman!"

CALLING OUT THE MILITIA



"THE MENACE" AND THE P.O.

M.P. Wants to Know Why it is Prohibited From Mails
 Ottawa, April 2.—W. E. Knowles, of Moose Jaw, has placed upon the order paper questions with regard to a paper called "The Menace," published at Aurora, Miss., and also with reference to a Canadian edition issued from Aurora, Ontario. Mr. Knowles wants to know if these have been prohibited from this action, and the reasons for this action. It is understood that the American edition of this paper is being prohibited from the mails on the ground that it contains matter of a character objectionable to the Roman Catholics of Canada.

An application has been made to the post office department for the use of mails for the Canadian edition and this will be dealt with on its merits.

A special circular is being issued by the post office department with regard to the action that has been taken. Hundreds of letters have been received by the department within the past few days both for and against the prohibition.

CHINA'S PRINTING BUREAU

American Bank Note Company May Take It Over
 Peking, China, April 2.—The American Bank Note company, it was announced to-day, is negotiating with the Chinese government to take over the printing and engraving bureau which hitherto has been one of the most expensive branches of the government. This company has declared its willingness to enter into a contract to print the Chinese government's notes, bonds and stamps on similar terms to those of its contracts with the Canadian government.

The negotiations arose through the company pressing for payment of the printing and engraving bureau's indebtedness to it, which the bureau was unable to do.

"Respectfully declined" is many times the right way to dispose of much free and volunteered advice. One of the most unsatisfactory things on earth is the man who has a chronic fear of committing himself.

Terrible Dizzy Spells Would Come Over Me

The Nerves Were on Edge—Noises Excited and Irritated—System Restored by Dr. Chase's Nerve Food.

Overworking and underresting—these words describe the cause of many a woman's physical breakdown. The body is a delicately-constructed machine, calculated to perform only a certain number of hours without rest. If overworked there is no time allowed for the reconstruction of the wasted cells.

Rest is absolutely necessary to every woman who allows herself to become run down from overwork. Dr. Chase's Nerve Food will help wonderfully in bringing back health and strength of mind and body. Women are particularly enthusiastic in praise of this great food cure because no treatment was ever discovered that will so thoroughly restore vigor, energy and vitality to the tired, overworked and run-down nervous system.

Mrs. T. P. Callen, Fairview Farm, Shepard, Alta., writes: "My nervous system was so run down and exhausted that terribly dizzy spells would come over me, and I would have most peculiar feelings. Everything appeared as if it was falling on me, and caused me to jump after taking a few steps. While in this frightfully nervous condition I began using Dr. Chase's Nerve Food, and completely cured me, and for this reason I am always glad to recommend it for the sake of those who suffer as I did."

No ailments cause greater suffering than diseases of the nerves, for they affect mind as well as body. You can get the nerves right by using Dr. Chase's Nerve Food. 50 cents a box, 6 for \$2.50. All dealers, or Edmondson, Bates & Co., Limited, Toronto.

FOR TRANSFER OF LANDS

Hon. A. Turgeon Outlines Proposal for Government's Consideration
 Saskatoon, Sask., April 2.—Hon. A. Turgeon enunciated a policy for the consideration of Premier Borden in respect to the transfer of lands, at a meeting held in Wilkie. He urged that the Dominion government transfer to the public domain the province at once and leave the question of what compensation should be awarded to extinguish the claim arising out of the alienation of lands already disposed of to a board of arbitration.

Pending the final report he urged that the present provincial grant should be continued and that accounts be kept which would enable a financial settlement to be arrived at in accordance with the finding of the board. If the province was found to be not entitled to compensation such sums as were received after the transfer was made could be returned, and if the province was entitled to compensation the grants so paid could be regarded as a payment on account of the compensation decided upon.

CONAN DOYLE'S STRATEGY

Set New Fashion When Brevet of Dress Coat
 London, April 2.—Sir Arthur Conan Doyle, speaking at a dinner of the Institute of Lecturers on his experiences as a lecturer, told how wittily he had set a new fashion in men's wear as the outcome of an address in a fashionable New York suburb.

"I hadn't much time to dress that evening," he said, "and suddenly I discovered that I had not brought my dress coat. I was almost desperate, but I had an inspiration. I cut the buttons off a blue reefer jacket I had with me, pinned back the front a little and went on the platform like that. Afterward I discovered, the audience thought I had blossomed out in absolutely the latest European style, and went to their tailors to find out why the mode was so long in reaching New York."

The man determined to do right has little trouble in locating the danger line and keeping on the safe side of it.

HON. MR. SIFTON IN LONDON

Takes Optimistic View of General Outlook in Alberta
 London, April 2.—Hon. A. L. Sifton, premier of Alberta, with his wife and family, has arrived in London, via Egypt and Paris. The principal object of his visit is to see the office of the provincial agent-general, opened last fall in Trafalgar Square, near the Dominion immigration offices.

Hon. Mr. Sifton stated that the agency is doing good work, not only in connecting with intending immigrants and Canadian visitors, but also with financiers and others requiring information, thus doing away with the difficulty formerly encountered in endeavoring to obtain information quickly enough for commercial purposes.

With regard to the general outlook in Alberta, Hon. Mr. Sifton was quite optimistic. He declared that the province was suffering less than other parts of Canada from the depression, while the collapse of the real estate boom tended to make the professional, business and agricultural classes concentrate on hard work, with better productive results. Hon. Mr. Sifton expects to return to Canada at the end of April.

ATE SOUP AND DIED

French Enoch Arden Not Welcome on His Return
 Paris, April 2.—Strychnine soup will be the subject of a charge tomorrow at the assizes in one of the southern departments. According to a dispatch from Gap the soup was presented to a modern Enoch Arden by a woman who had been his wife and to whom he had returned after staying several years in the United States where he amassed a small fortune.

Pierre Gantillon, the returning wanderer, came back with his money, hoping to make his wife happy for life, but on his arrival he found his place in the family occupied by another man. Consequently he refrained from speaking of his prosperity. Not wishing to make a scene the husband accepted a plate of soup. He died shortly afterward in great agony.

SCHOONER CONFISCATED

American Vessel Pays Penalty for Fisheries Trespass
 Vancouver, B.C., April 2.—The American fish schooner Valiant, which was captured May 11, 1913, by the Canadian fisheries protection sloop Joliffe, was declared confiscated in the admiralty court.

The Valiant was seized by the Joliffe off the northern end of Vancouver Island, where she was alleged to have been fishing close to shore. She raced for the open sea when the Canadian vessel holed in sight, but was overhauled. One thousand pounds of halibut, some of the fish being still alive, were found below. The Valiant was of eighteen tons and owned in Seattle.

Brotherhood of St. Andrew
 The next Dominion convention of the Brotherhood of St. Andrew will be held in Winnipeg from September 24th to 27th, 1914, according to the present arrangements of the Winnipeg assembly already accepted by the executive of the Dominion council and approved by the Archbishop of Rupert's Land. An attendance of several hundred delegates is anticipated, especially in view of the expectation that many of the delegates to the general synod of the Anglican church will be returning from Vancouver just in time to reach Winnipeg at the convention dates.

Regain and Retain a beautiful head of hair—use
Hay's Hair Health
 Restores natural color to Grey Hair. Removes dandruff—promotes a thick healthy growth. Is not a dye. Results guaranteed. Your money back if you are not satisfied.

For sale and recommended by James B. McLeod, Druggist.

Bishoporic

Is the best patented wall board on the market, because it is made strong with wood lathes. Ask for information.

Wallace & Thornborn
 380 Barrie St.
 PHONE 1191

If the pessimist takes any comfort at all it is in trying to prevent other people from being comfortable. With some men the invitation to "take something" is considered the pure essence of good fellowship.

Guide For Buying a Bicycle

REPUTATION—Is the wheel well known as giving satisfaction for years? We can tell you of Massey Bicycles that have been in use in Kingston for ten years and are still going fine.
MATERIAL—Is the frame of the best seamless tubing? Are all joints re-enforced? Has it got four coats of enamel and one of rust-proof before enamelling?
PROTECTION OF FRAME AND PARTS—The bright parts should all be copper-plated before being nickelled. The spokes should be the best piano wire and rust-proof.
GUARANTEE—The Massey Bicycle carries a full guarantee against defects in material and workmanship. Don't buy a wheel because it is cheap, because you want a wheel that will be as good next November as it is in April.

Treadgold Cycle and Sporting Goods Co.
 88 PRINCESS STREET. PHONE 520. KINGSTON, ONT.

STOP ALL THE RAVAGES OF COUGHS, COLDS OR CATARRH

Use Pure Essence Mentho-Lavene—It Acts So Quickly That You Are Sure to Relieve.
 You can take it in doses of 10 drops concentrated and strong—or make a sugar syrup and mix it into a pint—the best pint of medicine you ever discovered. Full directions with each bottle.
 The very first dose proves its effectiveness—You can actually feel its beneficial action as it penetrates the bronchial tubes, air cells and nostril passages by inhalation. The head clears up, the cough is relieved almost instantly and then it keeps up the good work by invading the system through the stomach, bowels and blood.
 We can't tell you of all the good it will do, but are willing and anxious to prove it by offering money back to any purchaser who is not more than pleased. Sold by druggists.

EDDY'S FIBREWARE TUBS AND PAILS RETAIN THE HEAT OF THE WATER MUCH LONGER THAN THE WOODEN OR GALVANIZED IRON ONES—ARE CHEAPER THAN THE LATTER—WILL LAST LONGER AND DOES NOT RUST THE CLOTHES.

DUSTBANE
 puts the ee's [ease] in sweeping
IT KNOCKS THE DRUDGERY OUT OF SWEEP DAY
Cleans Carpets—Brightens Floors
 Order a tin to-day at your grocers or from your hardware man
 Don't Ask for Sweeping Compound
SAY DUSTBANE
 Beware of Substitutes

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 Courses in bookkeeping, shorthand, typewriting, civil service, general improvement, and all commercial subjects. Rates moderate. Information free.
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 Pineapples, 20c.
 Tomatoes, 25c a lb.
 Malaga Grapes, 30c a lb.
 Oranges, 15c, 20c and 30c a dozen.
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