Household Economy

How to Have the Best Cough Remedy and Save $2 by Making It at Home

Cough medicines, as a rule, contain a large quantity of plain syrup. Two cups of granulated sugar with one cup of warm water, stirred for 2 minutes gives you as good syrup as money can buy.

Then get from your druggist 2½ ounces Pinex (50 cents worth), pour into a 16-ounce bottle and fill the bottle with sugar syrup. This gives you, at a cost of only 54 cents, 16 ounces of really better cough syrup than you could buy ready made for $2.50—a clear saving of nearly $2. Full directions with Pinex. It keeps perfectly and tastes good.

It takes hold of the usual cough or chest cold at once and conquers it in 24 hours. Splendid for whooping cough, bronchitis and winter coughs.

It's truly astonishing how quickly it loosens the dry, hoarse or tight cough and heals and soothes the inflamed membranes in the case of a painful cough. It also stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent loose cough.

Pinex is a highly concentrated compound of genuine Norway pine extract, combined with guaiacol, and has been used for generations to heal inflamed membranes of the throat and chest.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex," and don't accept anything else. A guarantee of absolute satisfaction, or money promptly refunded, goes with this preparation. The Pinex Co., Toronto, Ont.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

Bulk Oysters

Dominion Fish Co.

PHONE 830.

The Picton Collegiate Board has granted Miss H. M. Solmes leave of absence until Sept. 1st. Miss Claribel Platt, specialist in Moderns and English, has been engaged as substitute in Miss Solmes' absence.

Febr'y Sales

Have been large—prices being large—customers are saving money—that is, the wise ones are.

Rugs and Carpets are in this sale—as well as Furniture. Our way of showing is easy and our prices are even easier. Phone 90. Yours

T. F. Harrison Co.

HON. G. P. GRAHAM ADDRESSED LIBERALS

(Continued from Page 4.)

"When the Conservatives got into power they had the idea that everything was wrong. Commissions of all sorts were appointed to investigate matters. Nearly every person was on a commission. Perhaps some of you here in Kingston were on one. If you were not, you must have been overlooked. All public works were stopped. It was thought that there was something dishonest in everything carried on by the Liberals. The The Department of Railways, Public Works, and various other bodies, with vast spending powers, were investigated.

"But what of the result? Large sums of money were paid out in fat salaries to men serving on these commissions, but they finally disbanded, finding nothing against the Liberal party. (Cheers.)

A Pure Fake Report.

"There was a commission to investigate things in general, but this was top heavy, and could find nothing. The chairman of this commission eventually got out of reach, and after an attack made by Mr. Carvell, there was never a report which was worth two cents. (Loud applause.)

"Two gentlemen were paid $100,000, sufficient to pay for a hundred machine guns—and all for nothing. A report was given which was a pure fake. It was full of errors and misstatements. The report was not based on the evidence submitted. Evidence was suppressed and some of their experts were not even heard.

"After the Liberals had been in power for eighteen years, and after thousands of dollars had been expended in an endeavor to find out something wrong against the Liberal party, nothing could be found. Today the Liberal party stands unchallenged, and just as clean as when it first got into power.

"There must be something about all this to attract young men—for the young men starting out in life has some ideals, and who desires to do something for the good of his country."

At this stage the speaker took occasion to pay tribute to Sir Wilfrid Laurier. It was held by many that it was not possible for a man to remain in public office and be honest. Here was a leader who had stood the test in prosperity and adversity. He was a bigger man to-day than ever when he was in power.

Hon. Mr. Graham then referred to the conditions which prevailed at the last general election for the House of Commons. He stated that there was a "peculiar sort of an arrangement by a peculiar sort of people. He referred to Messrs. Monk, and Bourassa forming a platform which was to the effect that it was not the duty of Canada to do any fighting for the Motherland, that Canada was not called upon to fight unless it be a case in which Canada herself was attacked.

In this case it would be the duty of Canada to defend herself. This was the cry that went all through Quebec, and became quite popular. The contention was that Canada owed Great Britain nothing. Her sons must not be given as meat for the enemy on British warships. The Conservatives made an agreement with the Nationalists that this would be the policy. They would not even build ships for a Canadian navy. Messrs. Monk, Bourassa and Lavergne induced Sir Robert Borden and his colleagues to adopt this policy, which resulted in the downfall of the Liberals.

The speaker then went on to show how the Nationalists got a foothold. A proposition was brought forward to give $35,000,000 to assist in building up the British navy.

"And what did the Liberal party say to that? We said that Canada was big enough to do her share—that we would not only send ships, but that we would build them here in Canada and equip them with men as rapidly as possible. (Cheers.) This was our policy. Sir Wilfrid Laurier has a level head. He saw the drift of the National movement in Quebec, and stood with his back to the wall and went down to defeat, but declared that Canada would stand beside the British Empire.

After this, Australia and New Zealand fell into line, and formed a navy of their own. An Australian warship had the honor of capturing the German vessel, the Emden. Canada might have had the honor had the policy of the Liberal party been adopted. And what happened in British Columbia? A few days before war broke out Premier McBride found that he had no defence for the coast, and so without any authority purchased on his own account two submarines from the United States. The policy of Sir Wilfrid to build ships was all right. But on account of this coalition with the Nationalists the Conservatives could not adopt this policy. British Columbia found itself without protection. Two submarines were purchased, which were afterwards found to be of no service. The wisdom of the policy of Sir Wilfrid to build ships had been proven.

The speaker then referred to the breaking out of the war, and stated that when war was declared Sir Robert Borden did not have a French-speaking member who could go on the platform in Quebec and call for recruits. It was not until just recently that a member could be secured to fill the bill.

"You have heard it said that the French-Canadians are not enlisting in the numbers that they should, but I want to say that the conditions are better than you think. Just look at the casualties and you will see many young French-Canadians who have fallen or have been wounded. If there have not been the number that there should have been, Sir Robert Borden and the men who support him are the men responsible. They got into power on that policy. When the time comes the people of Canada will see that the men who made up that combination are given the reward they deserve." (Cheers.)

Complaint had been made by the Conservative party over the amount expended on the National Transcontinental Railway, but it was advertised as the greatest road in the world, and the only fault that could be found was that it was built too good. The speaker felt assured that when the war was over the three great railways would not only be busily engaged in hauling our produce from east to west, but also a great deal of produce of the United States.

Conservative Extravagance.

But to come down to "modern times," as the speaker remarked. While the Conservative party complained about the extravagance of the Liberal administration, the Conservative party proceeded to increase the expenditure on ordinary work. This occurred in the latter part of 1913 and 1914, when the word was sent abroad to "go slow." Every business man was warned. Hard times were coming. The business men took the warning, but the Government proceeded to increase their ordinary expenditure. While the Liberals expended less than $100,000,000 on ordinary work, the Conservatives spent $140,000,000 on the same line of work. And this in the face of the warning given by the financial world.

But the time of reckoning had arrived. During the last three weeks, the Government had admitted, through the Finance Minister, that just before the war, Canada was on the verge of hard times. The Liberals had seen this two years before. The Finance Minister had stated that had it not been for the war Canadian industries would have fared far worse. This was a great admission from the Finance Minister. Conditions were far worse under three years of Conservative government than they were under eighteen years of Liberal power. This was enough to make business men think.

Mr. Graham criticised the new taxes as taxation of industry instead of wealth. Wealth and "water," he said, escaped, while industry and integrity were taxed. He also pointed out the injustice that the taxation inflicted upon mining companies and upon small business concerns that had lost money in 1912, 1913, and 1914, and made good profits the following year. Probably all these profits had gone to pay a debt to the bank. Now the small manufacturer would have to get on his knees to the bank and borrow the money back.

Mr. Graham, however, especially directed his attack to what he called the exemption of watered stock, notwithstanding Sir Thomas White's assurance that stock watering would not prevent a corporation being taxed upon its real capital.

War Contracts.

The question of contracts for war munitions in Canada was then dealt with by the speaker. He stated that there should be some business machinery in the office of the High Commissioner in England, so that business could come to Canada as part of the Empire, instead of going to the United States. At the opening of the war very few contracts for war munitions and supplies came to Canada. And no action was taken until after the Government had received a communication from the Manufacturers' Association. The matter was left with a commission, and another committee of Government men, but this was not a success. In order to get men he might trust, Premier Borden had to secure two men outside the Government—two business men, with Hon. Mr. Kemp as chairman. Sir Robert Borden told this story himself. Was it any wonder that the people of Canada complained?

It was well known that there had been some dissatisfaction throughout Canada over the shell contracts. The recent election in Peel county had been an issue on war contracts, and it had resulted in a change of over 1,000 votes. This had been in provincial affairs, but in this case Mr. Fallis was purchasing agent for the Dominion Government.

"This was the issue, and if he did wrong the Government allowed him to do wrong. It was the people's money that was secured and given back. The Dominion Government was condemned. The people of Canada will show that they will not tolerate that kind of work.

"We are in this war, and we are going to stay with it until we win. What I do say is this, that all must pay an equal share."

Under the new tax of Sir Thomas White, the speaker declared that many Canadian concerns would be driven out. They would be transferred to the States. Some men earning big salaries would not be taxed one cent, although they expected to be taxed, and were quite willing to be taxed.

"Every man who is worth his salt should be called upon to contribute for the carrying on of this war. And it has been shown by the contributions to the Patriotic Fund that they are willing to bear their share of the burden. And I have spoken to men earning large salaries. They have told me that they expected to be taxed, and they could not understand why they had not been taxed. I would have this tax reconstructed so that every man in Canada earning a salary would help. Of course I would not impose any hardships; I realize that men are now taxed very heavily in municipal affairs.

Election Question.

"Some people are asking why the Liberal party agreed to an extension of the term of Parliament. What would you have done had you been in Parliament? Some have stated that they would have fought this policy. What would have been the issue? The Conservatives would have gone to the country. They would have said that they wanted to fight the war, but that the Liberals were not agreeable. You must not forget that the question of an extension of the term of Parliament was our policy. We were on the affirmative side for several months. On two separate occasions the Government was prepared to go to the country. You will say, have we proof? I say yes. Ballots were sent to the soldiers in the trenches. What were they sent for, if it were not for an election? In June last the Government was on the verge of going to the country.

"Public opinion condemned the idea of going to the country. Our policy was 'no election.' The Conservatives accepted our policy. They were compelled to do so by public opinion. It was the policy of Sir Wilfrid Laurier, who is not only the greatest Liberal, but the greatest man Canada ever had. (Prolonged applause.)

"The fight is now going on and recruiting is going on. Women are side by side with the men working on behalf of the boys at the front. Sir Wilfrid thought it would be unwise to interfere and have an election, and I believe that he was right. And in the history of the Empire, the action of our leader will be written down as one of the strongest things that any leader ever did. I cannot say we will do it again. The extension of Parliament is until October, 1917. Perhaps the war will be over by that time. While we have agreed to an extension it does not mean that the Government will not be compelled to give an account of every act until the end of the war. This does not mean that the Liberal party is prepared to allow any wasteful expenditure of the people's money. Sir Wilfrid Laurier will in the next few weeks move a resolution calling for an official investigation in certain things."

"And what will be the result of this war? The result will be for a better Canada. But we are certainly paying dearly for what we will learn. I firmly believe that in the near future we will meet with grand triumph. We must have faith and courage."

Hon. Mr. Graham was warmly applauded at the close of his address. All agreed that it was one of the finest addresses ever delivered in Kingston.

Motions Passed.

On motion of R. F. Elliott and Dr. C. C. Nash, a hearty vote of thanks was tendered to the speaker on behalf of the Liberal Association. Mr. Elliott said the address was an eloquent one, and that the members were greatly indebted to Hon. Mr. Graham, for his visit. He hoped he would be able to come to Kingston again soon.

Dr. Nash said it gave him great pleasure to second the motion, as he had lived in the same town with Mr. Graham, attended the same church, and had served on the same church board. His first vote had been cast for Mr. Graham. "And we won that election," he added.

Mayor Richardson added his tribute to Mr. Graham, by stating that a Conservative contractor in Winnipeg had told him that Mr. Graham was the best Minister of Railways Canada ever had.

Robert Meek eulogized the work of Sir Wilfrid Laurier, referring to him as the greatest imperialist the world had ever known. All would agree that the parliamentary truce was absolutely necessary. All would look for a close scrutiny of the people's business on the part of the Liberal party. Mr. Meek moved, seconded by Ald. N. E. O'Connor, the following resolution which was adopted by a standing vote:

"The Liberals of Kingston gladly send through Hon. Mr. Graham, to Sir Wilfrid Laurier and his associates in the House of Commons, the assurances of their constant and cordial support.

"Our distinguished leader is serving his country most loyally and usefully. He is giving to the Government, in their conduct of the war, the most cordial assistance.

"To Sir Wilfrid Laurier was remitted the responsibility of deciding what the party's attitude should be at this time, and that decision was in favor of a truce until the world's great conflict had reached an end.

"In the meantime the loyal opposition is giving to the affairs of the country, the greatest scrutiny, and its members are laboring towards one most desirable end, namely, that the people's business shall be conducted honestly, fairly, economically, and with the highest degree of efficiency.

"In these times of stress and strain and the legitimate costs of war are unchallenged, and every tax which is levied in the name of a righteous cause is willingly and cheerfully paid.

"The war, however, makes it the more necessary that there shall be neither waste nor extravagance, and the Liberal leaders in opposing them, in protesting against them, have the approval of every Liberal in Kingston.

"The Liberal Association of Kingston hopes Sir Wilfrid and his associates in the Commons may be long spared to do effective work for their King and Country."

In seconding the resolution, Ald. O'Connor paid a warm tribute to the leadership of Sir Wilfrid Laurier, stating that after looking at his record, it was no wonder that the members of the party were so enthusiastic over him.

Confidence in Mr. Rowell.

J. G. Elliott, seconded by N. C. Polson, moved a resolution of confidence in the work of N. W. Rowell, as leader of the Opposition in the Ontario Legislature. He said that Canada was particularly fortunate in having such able men as Sir Wilfrid Laurier, Hon. Mr. Graham and other men who had reflected lustre on the Liberal cause throughout the country. In Mr. Rowell the party also had an able leader in the Ontario Legislature. He was a man possessed of wise counsel, and competent to fulfill all the requirements of his position.

Mr. Polson characterized Mr. Rowell as "one of the ablest leaders we could have for our provincial affairs."

The resolution moved by Messrs. Elliott and Polson and which was carried amidst much enthusiasm read as follows:

"That this gathering reaffirms its confidence in the splendid leadership of N.W. Rowell, K.C., in the Ontario Legislature. His campaign for a better, purer and nobler Ontario has had marked effect upon the Government in power. He has seen his policies selfishly adopted and his plans grudgingly approved. To-day, as a benefactor to his Province, and an inspiration to all wise and thoughtful men in their aspirations for brighter and better legislation, Mr. Rowell stands without a peer."

The meeting was brought to a close with the singing of the National Anthem, and rousing cheers for Sir Wilfrid Laurier, N. W. Rowell, and Hon. Mr. Graham.

Members of the Reform Association are more than pleased with the success of the formal opening of the new rooms, and Monday night's event is but the first of many more pleasant evenings which are in store for members of the party, as it is the intention to have speakers at the Club rooms at stated intervals to discuss questions of the day.

The new rooms were much admired. They will be open night and day and every Liberal of the city and county is invited to make use of them. A big sign in the club reads, "Welcome To Our Home," and Mayor Richardson drew special attention to this.

GIRLS! TRY IT! HAVE THICK, WAVY BEAUTIFUL HAIR

Every Particle of Dandruff Disappears And Hair Stops Coming Out

Draw a Moist Cloth Through Hair and Double Its Beauty At Once.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it surely get a 25-cent bottle of Knowlton's Danderine from any druggist or toilet counter, and just try it.

Save your hair! Beautify it! You will say this was the best 25 cents you ever spent.

35c. Small Sized Suit Cases

Another shipment of those popular small cases have just arrived—very handy for school children to carry books and lunches—handy for anyone to have 35c

Abernethy's Shoe Store

Annual Fur Sale

An event where generous price concessions, elegant styles and desirable selection make a wonderful buying opportunity.

Discounts that are genuine.

Now is the time for bargains in fine Furs at

Campbell Bros.

84 Princess St.

PERFECT HEALTH IS EVERY WOMAN'S BIRTHRIGHT.

A Prescription That From Girlhood to Old Age Has Been a Blessing to Womankind.

When a girl becomes a woman, when a woman becomes a mother, when a woman passes through middle life, are the three periods of life when health and strength are most needed to withstand the pain and distress often caused by severe organic disturbances.

At these critical times women are best fortified by the use of Dr. Pierce's Favorite Prescription, an old remedy of proved worth that keeps the entire womanly system in excellent condition.

Mothers, if your daughters are weak, lack ambition, are troubled with headaches, lassitude and are pale and sickly, Dr. Pierce's Favorite Prescription is just what they need to surely bring the bloom of health to their cheeks and make them strong and healthy.

For all ailing women Dr. Pierce's Favorite Prescription is just the right medicine. During the last fifty years it has banished from the lives of tens of thousands of women pain, misery and distress. It makes weak women strong, sick women well.

If you are a sufferer, if your daughter, mother, sister, need help, get Dr. Pierce's Favorite Prescription in liquid or tablet form from any medicine dealer to-day. Then address Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., and get confidential medical advice entirely free.

Every woman should be careful that the liver is active and the poisons are not allowed to clog the system—get rid of these poisons by taking Dr. Pierce's Pellets, which regulate and invigorate stomach, liver and bowels. Keep the body clean inside as well as outside!

How to preserve health and beauty is told in Dr. Pierce's Common Sense Medical Adviser. It is *free*. Send Doctor Pierce, Buffalo, N. Y., fifty cents or stamps to cover wrapping and mailing only.

Home-Made Candy and Chocolates

Fresh Made Every Day

SAKELL'S

Next Opera House. Phone 640

FOR 1916

New designs in Brussels, Axminster and Tapestry Squares, Oil Cloths and Linoleums.

Upholstering and Repairing promptly done at

James Reid,

For the Leading Undertaker, Phone 147.

R. LA ROSE OF KINGSTON.

Enlists In The 142nd London Battalion.

A despatch from London, Ont., says:

Two young farmers from the north of Kent County, after making the decision that the 142nd London's Own Battalion, was the corps in which they would best like to serve, walked 10 miles through the blizzard ot Saturday night to catch a train for London and on Sunday were only attested as members of the battalion. On their way to the city they exercised some missionary ability and persuaded a man whom they met on the train to accompany them, and he, too, signed up.

The men are: Orval Cantwell, native of Essex County, and Fred W. Cater, of London, England; their companion is Richard La Rose, a native of Kingston. Cantwell and Cater were employed on farms near Northwood when they decided to enlist. La Rose has served some years in the United States army.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Cure fails to cure. Send for circulars and testimonials.

F. J. CHENEY & CO., Toledo, Ohio.
Sold by Druggists, 75c.
Hall's Family Pills for constipation.