

"TIZ" PUTS JOY IN SORE, ACHING FEET

"My, how 'Tiz' gladdens tired, swollen, burning feet— It's glorious!"



"How 'TIZ' does help sore feet."

Ab! what relief. No more tired feet; no more burning feet; no more swollen, aching, tender, sweaty feet. No more soreness in corns, callouses, bunions.

No matter what ails your feet or what under the sun you've tried without getting relief, just use "Tiz."

THOMAS COPLEY Telephone 987. Drop a card to 19 Pine Street when wanting anything for in the city.

Montgomery Dye Works For the Best in French Dry Cleaning, Dyeing and Pressing. J. B. HARRIS, Prop., 225 Princess St.

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat less meat if kidneys feel like lead or bladder bothers.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have headache and dull misery in the kidney region.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine.

Sleepytime Tales

THE HEN'S CHAMPION.

Once upon a time there was a nice henhouse and yard which was the home of ten fine, pretty hens and a very grand and proud rooster. The yard had vines trailing all over the wire netting and the house was all painted inside and had comfortable nests and large windows to let in the sun so as to wake the family up in the morning.

"Low Cost of Living" Menu

Menu for Saturday BREAKFAST Steamed Potatoes Omelet Toast Coffee LUNCHEON Scalloped Oysters Cheese Gingerbread Tea DINNER Cream of Turnip Soup Baked Beans Cress and Carrots Banana Salad Caramel Pudding

dish is full and then pour over enough milk to soak the crumbs. Bake in a moderate oven.

Cheese Gingerbread—Mix half a cup of sugar, the same of grated cheese, the same of molasses, three quarters of a cup of water, a teaspoon each of soda and ginger, and two cups of flour. Bake in a moderate oven and serve hot.

DINNER Cream of Turnip Soup—Cook and mash one cup of turnip, add a pinch of soda. Heat one quart of milk, slightly thicken, add the turnip and season with butter, salt and pepper.

BREAKFAST. Omelet—Mix two beaten eggs, a quarter of a cup of milk and a cup of chopped ham. Turn into a buttered pan, and when the edges curl, fold and serve. LUNCHEON. Scalloped Oysters—Place a layer of cracker crumbs in a baking dish, then a layer of oysters, butter, pepper and salt. Continue until the

A GOOD LADY GONE.

She Was Highly Esteemed by Many Friends.

Battersea, March 1.—Sadness was felt in Battersea when death entered the home of James Clarke and claimed his wife, Arabella M. Sutherland. She had been ill nearly a year during which time she underwent an operation in Kingston General Hospital. Although the operation at the time was successful yet she did not fully recover. She was very ambitious hence was only in bed for three weeks before her death. During that time she experienced a great deal of suffering yet was known to complain but very little. She was of kind disposition and provided herself a loving wife and mother. She was well thought of by a large circle of friends and among her neighbors she was a friend to all. When sickness occurred in a home she was the first to enter it and offer assistance. Deceased was fifty-three years of age and a Methodist in religion. She leaves to mourn her loss a loving husband and six children: Charles S., Battersea; Mrs. G. Simpson, Seely's Bay; Harold, Sydneyham; Albert, Martha and Victor at home. Her funeral took place on Sunday, Feb. 27th from her late residence, Rev. A. W. Stewart officiated. The pall-bearers were John Seeth, William Lucy, Charles Seeth, George Holder, Hugh Ritchie and Robert Lucy. Her remains were placed in Sand Hill cemetery.

Inconsiderate.

It was a sweet, sad play, and there was hardly a dry handkerchief in the house. But one man in the first balcony irritated his neighbors excessively by refusing to take the performance in the proper spirit. Instead of weeping, he laughed. While others were mopping their eyes, his own brimmed with merriment and he burst into inappropriate guffaws. At last the lady by his side turned upon him indignantly: "I don't know what brought you here," she sobbed, with streaming eyes, and pressed her hand against her aching heart, "but if you don't like the p-play you might let other p-people enjoy it."

Prudent Politeness.

Washington Star. "Do you think a man ought to speak generously of a political foe?" "Sometimes," replied Senator Sorghum. "It may convey the impression that you aren't afraid of him."

Dr. Abbott of Philadelphia, just returned from India, said stories of discontent were exaggerated. CASTORIA For Infants and Children In Use For Over 30 Years Always bears the Signature of J. C. Watson



A scene from "The Winning of Barbara Worth," at the Grand, on Saturday, March 4th, matinee and evening.

CANADIAN LOSS 14,068 TO END OF SEPTEMBER

The Casualty Lists Show 2,314 Killed or Died of Wounds And 6,992 Wounded—A Tabulated Statement Is Given.

Official figures given out by the Militia Department show that the names of 14,068 Canadians appeared on the casualty lists up to the end of September. Of these 2,314 were killed or died of wounds, 157 died from various diseases or from accident, 6,992 were wounded, 406 suffered from gas or shock, 287 were in hospitals for various diseases or accidents, 1,745 were taken prisoners, and 2,167 were reported as missing. These are the detailed figures compiled from the official casualty lists published in book form by the Militia Department:

Table with columns: Units, Killed, Died, Wounded, Gassed, Ill, Pris., Missing, Total. Lists units from 1st Batt. to Various.

"Various" includes the following units: 6th, 9th, 11th, 12th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 27th, 28th, 29th, 30th, 31st, 32nd, 40th, 41st, 43rd, 45th, 48th, 49th, 50th Battalions, Royal Canadian Regiment, 4th, 6th, 7th Canadian Field Artillery, Royal Garrison Artillery, Reserve Artillery, Canadian Heavy Battery, Ammunition Park, Reserve Ammunition Park, Canadian Divisional Headquarters, 1st, 2nd, 3rd Infantry Headquarters, Supply Column, Canadian Mounted Brigade Headquarters, Nursing Sisters, No. 1 Canadian General Hospital, Divisional Signal Co., Divisional Cavalry, Divisional Cyclists, Artillery Divisional Headquarters, Canadian Army Service Corps, No. 1, No. 2, No. 3 General Hospitals, Canadian Army Veterinary Corps, Remount Depot, Automobile Machine Gun Brigade, No. 2 Signal Company, Canadian Army Dental Corps, Canadian Mobile Veterinary Section, Canadian Overseas Railroad Construction Corps, Headquarters Divisional Train, Royal Canadian Horse Artillery, No. 2, No. 6 Canadian Mounted Rifles, No. 1 Canadian Mounted Brigade, Cavalry Depot, No. 4 Co., Divisional Train, Canadian Divisional Signal Co., Canadian Reserve Cyclists.

Under the new six cents per bushel rate on wheat inaugurated by the Government recently from Montreal to Quebec, only twenty cars have so far been shipped, while only eighty cars have gone over the new line to Quebec.

Fresh and Refreshing "SALADA" is composed of clean, whole young leaves. Picked right, blended right and packed right. It brings the fragrance of an Eastern garden to your table. BLACK, MIXED OR GREEN

No Epidemic or Disease has ever been traced to Pasteurized Milk. All our Milk is thoroughly pasteurized and sold in Sealed Bottles. Phone 845 :: Price's

The Very Finest grain of Windsor Salt with a very small quantity of Magnesium Carbonate—is the blend used in making REGAL Table Salt. Free Running. ASK YOUR DEALER

The Easiest Way To End Dandruff

There is one sure way that never fails to remove dandruff completely and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

At the sitting of the Alberta Legislature Wednesday afternoon, Dr. Stanley, Conservative, Right, River, charged with improper relations existed between officials and agents of the Government and of the liquor licensees.

Cold Weather is Soup Weather

INIDER'S TOMATO SOUP Nothing to equal it in flavor—easily prepared—highly nutritious—16 oz. Tin only 12 1-2c at

J. R. B. Gage, Phone 549. 254 Montreal St.

JOHN M. PATRICK

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted, Saws filed, Knives and Scissors sharpened, Razors honed. All makes of Firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired. 149 SWDENHAM STREET.

THE NEW FRENCH REMEDY. No. 2. No. 3. Used in French Hospitals with SUCCESS. THERAPION

Y.M.C.A. FINANCE CAMPAIGN. WHAT FOR? For all young men—soldiers and civilians—who live in Kingston. To The STRANGER WITHIN OUR GATES. WHEN? NOW! Do you realize how urgently the money is needed to safeguard young men who are coming to this city every day? OVER 700 HELPED DURING 1915. What Could Be More Important Than the Needs of Our Young Men, Boys and the Hundreds of Men in Khaki Who are Quartered Here? \$5000 NEEDED IN 6 DAYS : : Share Your Blessings and Give : : \$5000 NEEDED IN 6 DAYS