

swollen, aching, tender, sweaty feet.

No matter what ails your feet or what under the sun you've tried without getting relief, just use "Tiz." "Tiz" is the only remedy that draws out all the poisonous exudations which puff up the feet.
"Tiz" cures your foot trouble so you'll never limp or draw up your face in pain. Your shoes won't seem tight and your feet will never. never hurt or get sore and swollen. Think of it, no more foot misery, no more agony from corns, callouses

Get a 25-cent box at any drug store or department store and get instant relief. Wear smaller shoes. Just once try "Tiz." Get a whole year's foot comfort for only 25

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French Dry Cleaning. Dyeing and Pressing.

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#### IF BACK HURTS USE SALTS FOR KIUNEYS

Est less meat if Kidneys feel like

ed the home of James Clarke and Most folks forget that the kidneys, claimed his wife, Arabella M. Suththe the bowels, get sluggish and erland. She had been ill nearly a ogged and need a flushing occayear during which time she undersionally, else we have backache and went an operation in Kingston Gendull misery in the kidney region, severe headaches, rheumatic twinges, tion at the time was successful yet eral Hospital. Although the operashe did not full recover. She was ness and all sorts of bladder disorvery ambitious hence was only in bed

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 She was of kind disposition and provot of Jad Salts from any good drug ed herself a loving wife and mother. Washington Star. store here, take a tablespoonful in a She was well thought of by a large "Do you think a man ought to glass of water before breakfast for a circle of friends and among her speak generously of a political foe?"

Sometimes." replied Senator Sorfew days and your kidneys will then neighbors she was a friend to all. act fine. This famous salts is made When sickness occurred in a home ghum. "It may convey the impression from the acid of grapes and lemon she was the first to enter it and offer that you aren't afraid of him." harmless to flush clogged kidneys and at stimulate them to normal activities. She was the first to enter it and one that you aren't arrand of that y ity. It also neutralizes the acids in the urine so it no longer irritates, dren: Charles S., Battersea; Mrs. G. Simpson, Seeley's Bay; Harold, Syd-

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kiddence. Rev. A. W. Stewart officiations.

A well-known local druggist says Crorge Holder, Hugh Ritchie and he sells lots of Jad Salts to folks who Rebert Lucy. Her remains were believe in overcoming kidney trouble placed in Sand Hill cemetery.

## 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

The only trouble with the hen's nome was that a lot of mice who liv- mice that had bothered them they would hang around the hen's stay away. home and creep in whenever they got

should take only what he left in the

The mice kept getting bolder and older until, one day, a stray cat came to the henhouse to ask for something to eat. The cat said she yard had vines trailing all over the was awfully hungry so the hens gave wire netting and the house was all her their dinner, or as much of it as painted inside and gad comfortable was left after the rooster got was awfully hungry so the hens gave her their dinner, or as much of it as nests and large windows to let in the through. The cat was very grate-

ed in the field nearby had discovered much and had stolen their eggs and that the eggs were fine to eat and asked the cat if she could make them

The cat stayed for a week with the a chance and suck the inside of the hens and would hide and jump out fresh laid eggs. The hens would at the mice until finally they did not run at them whenever they saw them dare to come near the hencoop. The and would try to scare them away cat taught the hens to make a noise and the rooster would strut around that sounded like: "Come cat, come and make a noise but seemed to cat," so that for a long time after think it was not his place to do any the cat went roaming again, the work about the house or to take care hens had only to say, when they saw of his hens.in any way. He thought a mouse, "Come cat, come cat," and the hens should wait on him and the mice would scamper back to even should let him eat first and they their holes in the field.

dish is full and then pour over en-

ough milk to soak the crumbs. Bake

DINNER.

slightly thicken, add the turnip and

Creamed Carrots-Cut in dice and

Carmel Pudding-Melt one cup of

boil until tender. Drain, add milk

to cover and, when hot, add a little

dissolved flour and boil until thick.

season with butter, salt and pepper.

Cream of Turnip Soup-Cook and

erate oven and serve hot.

# "Low Cost of Living" Menu

Menu for Saturday BREAKFAST

Stewed Prunes Omelet LUNCHEON

Scalloped Oynters Cheese Gingerbread DINNER Cream of Turnip Soup Baked Beans Creamed Carrots Banana Salad

BREAKFAST.

Caramel Pudding

Omlet-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, lengthwise. Dip in a mayonnaise fold and serve.

LUNCHEON.

of cracker crumbs in a baking dish, spoon of cornstarch and the yelks of in book form by the Militia Department: then a layer of oysters, butter, pep- two eggs. Boil until thick and frost per and salt. Continue until the with the beaten whites.

A GOOD LADY GONE.

felt in Battersea when death enter-

for three weeks before her death.

great deal of suffering yet was

During that time she experienced

It was a sweet, sad play, and there She Was Highly Esteemed By Many was hardly a dry handkerchief in the house. But one man in the first balcony irritated his neighbors Battersea, March 1.-Sadness was 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 y-you don't like the p-play you might l-let other p-people enjoy it."

Prudent Politenecs.

For Infants and Children In Use For Over 30 Years



A scene from "The Winning of Barbara Worth," at the Grand, on Saturday, March 4th, mat'nee and evening:

### Checse Gingerbread— Mix half a cup of sugar, the same of grated cheese, the same of molasses, three CANADIA spoon each of soda and ginger, and two cups of flour. Bake in a mod-

mash one cup of turnip, add a pinch file of soda. Heat one quart of milk, Casualty Lists Show 2,314 Killed or Died of Wounds And 6,992 Wounded--- A Tabulated Statement Is Given.

Banana Salad-Peel and slice Official figures given out by the Militia Depaytment show that the names of 14,068 Canadians appeared on the casualty lists up to the end dressing and sprinkle with a few 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. brown sugar stirring all the time 1,745 were taken prisoners, and 2,167 were reported as missing. These Scalleped Oysters—Place a layer Strain in three cups of milk, a table- are the detailed figures compiled from the official casualty lists published

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2314 157 6992 406 287 1745 2167 14068 instantly, and your hair will be fluf-"Various" includes the following units: 6th, 9th, 11th, 12th, 17th, fy, lustrous, glossy, silky and soft, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 27th, 28th, 29th, 30th, 31st 32nd, 40th, 41st, 43rd, 45th, 48th, 49th 50th Battalions, Royal Canadian better. Regiment, 4th, 6th, 7th Canadian Field Artillery, Royal Garrison Artillery, Reserve Artillery, Canadian Heavy Battery, Ammunition Park, Reserve Ammunition Park Divisional Headquarters, 1st, 2nd, 3rd Infantry Head- four ounces is all you will need. This quarters, Supply Column, Canadian Mounted Brigade Headquarters, Nursing Sisters, No. 1 Canadian General Hospital, Divisional Signal Co., Divisional to fail. Cavalry, Divisional Cyclists, Artillery Divisional Headquarters, Canadian Army Service Corps, No. 1, No. 2, No. 3 General Hospitals, No. 1, No. 3 islature Wednesday afternoon Dr. Stationary Hospitals, Canadian Army Medical Corps, Canadian Army Veteri-Stanley, Conservative, Hight River, nary Corps, Remount Depot, Automobile Machine Gun Brigade, No. 2 Signal Company, Canadian Army Dental Corps, Canadian Mobile Veterinary isted between officials and agents of the Covernment and of the Bours 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 Cy

el rate on wheat inaugurated by the ty cars have so far been shipped, The Commons adopted a resolu-

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is composed of clean, whole young

leaves. Picked right, blended right and

packed right. It brings the fragrance

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No Epidemic or Disease has ever been traced to



The Easiest Way To End Dandruff

fails to remove dandruff completely and that is to dissolve it. This des- Nothing to equal it in flavor-easily troys it entirely. To. do this, just prepared-highly nutritious-16 oz. get about four ounces of plain, or- Tin only 12 1-2c at dinary 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

and digging of the scalp will stop and look and feel a hundred times

You can get liquid arvon at any drug store. It is inexpensive, and

The Toronto World says McDon-aid & Halligan sold to Mr. Reid, a butcher from Kingston, one choice oad of butchers' cattle, 1000 lbs; each, at \$7.75 per cwt.

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For all young men—soldiers and civilians— who are coming to Kingston. This is what every progressive city does for its young



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