

DON'T YOU THINK

the advice of a hundred people who have been cured of skin diseases is worth following? Then try Zam-Buk! Profit by their experience and try Zam-Buk first!

ZAM-BUK

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if you eat sour and forms gas and acid in stomach, or you are bilious, constipated, nervous, listless and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.

Cocoon Oil Makes A Splendid Shampoo

If you want to keep your hair in good condition, be careful what you wash it with. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly.

Too many Christians are constantly "passing down the other side." It's a waste of powder to shoot before you reach the firing line.

News From Eastern Ontario Points

THE DISTRICT NEWS

CLIPPED FROM THE WHIG'S MANY BRIGHT EXCHANGES.

In Brief Form the Events in the Country About Kingston Are Told

David Albert Delong passed away in Toronto. Deceased was an old resident of Prince Edward. Mrs. Nathaniel Burwash, one of Arnprior's oldest pioneers in point of age, died last Thursday.

The preliminary work for the erection of a munitions plant at Lindsay, are said to be under way. Many residents of Cape Vincent are crossing on the ice to visit in Kingston. The crossing is good.

A. J. Rishua, formerly manager of the Canadian Freeman, accepted a position as superintendent of a large publishing house in Toronto. Charles Traverton, Inland Revenue Department, Belleville, underwent a rather critical operation. A portion of the mastoid behind the left ear was removed.

Frank McDougall, who went overseas with the Queen's Battery, is in hospital with an attack of inflammatory rheumatism. His home is in Carleton Place. J. L. Whiting, K. C. Kingston; F. M. Field, K. C., Cobourg, and W. S. Herrington, K. C., Napanee, are candidates for benches of the Law Society of Upper Canada.

Mrs. Nelson Smith, Belleville, passed away Tuesday evening at her family residence. Deceased was about fifty years of age, and had lived in Belleville for many years. Norman McCall, Ottawa, was one of those who lost his life when the steamship Port Dalhousie was torpedoed. He was a son of Mrs. D. N. Dwyer, 111 Powell avenue, and was twenty-two years of age.

On March 7th, in Old Trinity Church, Toronto, by the Rev. M. Hodgkinson, the marriage occurred of Jessie P. Phillips to Sanford Hatfield Burrows, both of Belleville. Relatives have received word of the death at Wabamun, Alta., of Mrs. H. Kehoe, after a few days' illness. The deceased was a daughter of Mr. and Mrs. Marquette, Prescott.

On Sunday Sarah Ellen Whiteman, infant daughter of Mr. and Mrs. William Whiteman, Belleville, died, and on Monday, Frank Ellen, a son, aged twelve years, passed away. An attack of measles and pneumonia caused their demise. R. J. Stevenson, organizer of the Typographical Union, Toronto, spent Wednesday in the city. He was a former employee of the Whig. Mr. Stevenson is a member of the Advisory Industrial Committee in charge of the \$2,000,000 Technical School in Toronto. He is hoping for big things from this great fabric of industrial education.

The funeral of the late Mrs. David H. Sprung was held at Wellington, March 17th. The late Mrs. Sprung (nee Miss Ella Glenn, Ameliasburg) spent many years of her married life near Melville, until a few years ago, Mr. and Mrs. Sprung took up their residence in Wellington. For several years she had been an invalid and her death was not unexpected.

Death of a Young Lady Trenton, March 23.—After a lingering illness of over two months, Annie Butterill, aged twenty-one years passed beyond the "Great Divide" at the home of her parents, Mr. and Mrs. James Butterill, S'dney street, Trenton, on Thursday, March 16th. Her father and mother, two sisters, Maud and Sadie, and four brothers, Ross, William, George and Clarence, mourn her loss. Deceased formerly lived at Sharbot Lake where she was organist in the Anglican Church. The esteem in which she was held by all who knew her was shown by the presence of many friends at the funeral. The last services were conducted by the Rev. Dupean E. Foster, Presbyterian minister, assisted by Rev. Mr. Williamson, Anglican minister of Sharbot Lake. The interment was in Mt. Evergreen cemetery, Trenton.

New Building For Belleville. Belleville, March 23.—On Tuesday afternoon the new Bank of Commerce Building, in this city, was formally opened by Sir Edmund Walker, president of the bank. Previous to the opening, the president was entertained to a banquet at the Hotel Quinte, at which Sir Mackenzie Bowell, J. W. Johnson, M. P., Hon. H. Corby, Mayor Ketcheson, and other prominent citizens were present and responded to toasts.

THE WOMAN'S INSTITUTE

Had a Fine Tea At Home of Misses McGonigle

Newboro, March 23.—The ladies of the Woman's Institute were entertained at an afternoon tea given at the home of the Misses McGonigle on March 17th. The house was prettily decorated with Irish flags, shamrock, and green and white festooning in honor of St. Patrick. Miss C. Ripley and Mrs. B. G. Leggett poured tea, Miss A. McGonigle and Mrs. W. Whaley served, while Miss Mary McCarthy attended the door. Several ladies from Westport were present. Daniel McCarthy was kind enough to drive the ladies to and fro. In the neighborhood of twelve dollars was realized. The next tea will be held at the home of Mrs. William Dillon.

R. Dargavel, Toronto, spent Sunday with his parents, Mr. and Mrs. William Dargavel. Ira Piffeld left for Hamilton last Saturday. Preston Tett, of Outlook, Sask., who has been spending some months visiting his parents and friends, returned home Monday. Thomas McClement, who was among the first men from this section to offer his services at the breaking out of the war, and was honorably discharged last summer through disability, has been straining at the leash to get back to the firing line, and thinks himself in shape, and has again signed up for service. He says he wants to be in at the "wind up."

James Kneller, who has been employed in repairing Rideau canal locks near Ottawa since December, arrived home Monday. A. J. Hart, Prescott, was a village business visitor on Tuesday. Irvin Lyons, of the H. C. H. A. Kingston, was home for a few days last week. Theodore McMillan, of the Union Bank, Kinburn, is visiting here a few days.

NEWS OF CATARAQUI

The Ladies Hold Teas For Red Cross Society

Cataraqui, March 23.—John Heaton has moved into his new house. The Anglican Church is open for two services a week during Lent. Pte. W. Frizzell, of the 146th, has been home on sick leave for a few days, after coming out of the hospital. A. Saunders has gone to Amherst Island to attend the funeral of his brother, Capt. J. Saunders, who died in Buffalo. J. Blaik has moved from Havelock and has taken possession of the property purchased from Sidney Baker. A friend of England has had an attack of pneumonia, but in consequence of Mr. Kish has gone to his farm at Tichborne. Miss Irene Irish has been visiting friends at Verona, and Miss Vida Smyth at Odesa.

The ladies of Cataraqui have been holding a series of teas, where Red Cross work is done. Quite a lot of work has been accomplished. Mrs. J. W. Edwards has kindly taken charge of this. Mrs. W. B. Smith has returned from visiting friends at Cornwall, Ontario, and points east. M. Binnington has been called to Prescott on account of the death of his uncle, John Binnington. Mrs. E. Cooke entertained her Sunday school class on March 17th. Mrs. C. H. H. A. Kingston, was home for the winter with her mother, Mrs. Clyde. Mrs. B. Mills, Wilton, has been visiting her sister, Mrs. J. Ward.

Death of Mrs. Hugh Hastie

Carleton Place, March 23.—After an illness of only one week, Mrs. Hugh Hastie passed to rest early Monday morning, aged sixty-four years. The deceased had been suffering more or less for some time with heart trouble, but it was not until a week ago that the trouble became acute. Mrs. Hastie was a native of Ramsey, Ontario; her maiden name being Annie Burns, daughter of the late William Burns, who lived on the homestead just outside of the town limits. Another brother, Samuel, died in December last. Some fifteen years ago she married Mr. Hastie, who survives.

The Late Milton Teskey

Carleton Place, March 23.—We are sorry to record the death of one of the oldest residents of Appleton, in the person of Milton Teskey, son of the late Joseph Teskey, born in Appleton, Oct. 18th, 1839, who passed to rest last March 18th. Cause of death a general breaking up of the system. Mr. Teskey was born and spent all his life here. He conducted the grist mill for many years, but retired from active business quite a while ago.

WORSE THAN TURKS IN THEIR MASSACRES.

Victims of Austrians and Bulgarians So Far Exceed 700,000. Rome, March 23.—The governments of the Allies secured evidence and documents which will shortly be published, proving that Austria and Bulgaria were guilty of horrible crimes in Serbia, where massacres worse than in Armenia were perpetrated.

According to the evidence which the Serbians have communicated to the Italian Government and the Pope, the victims exceed 700,000. Whole districts and towns were depopulated. Women, children and old men were shut up in church by Austrians and either bayoneted or suffocated by asphyxiating gas. In one church in Belgrade, it is alleged 3,000 women, children and old men were suffocated.

Some big records were made in drilling in Victoria harbor by the sub-contractors working under Grant, Smith and McDonnell, in connection with the dredging contract let by the Government last summer. Scandal is charged. Pianos for rent as low as \$3 per month. C. W. Lindsay, Limited, 121 Princess street.

ONE OF THE MARKS

Passed Away At Christies Lake Buried At Parham

After an illness of three months Mrs. Arthur Hamilton, Parham, (Olivia Maria Marks, daughter of Thomas Marks and youngest sister of Marks Bros., Christie's Lake), passed away on March 15th at her mother's place at her birth. During her short illness she received every attention from her kind and loving husband also her mother and sister and her many friends and relations. Nothing in the way of medical aid was neglected. She was placed in the General Hospital, Kingston, where private nurses were secured and there she had both medical and spiritual attendance when desired. Seven doctors diagnosed her ailment and pronounced it Bright's disease, a malady pronounced almost incurable, especially in this case. When she was informed there was no hope her last wishes were that she might be brought back to old Christie's Lake, the place of her birth, that she might die in the home of her dear mother and the sister of her heart and the place where she spent so many happy days with her mother, sister, brothers, that she might die where she had enjoyed so many pleasures. After her death she wishes to be brought to Parham to the home of her beloved husband, where they enjoyed all the pleasure of home life and conjugal felicity, which her last desire was to be placed in the family plot of the Hamiltons at Parham: Her wishes were all granted, and she passed away quietly at her mother's home. The remains were carried to her late home in Parham, where beautiful floral wreaths covered her casket and filled the room to overflowing. Wreaths came from both near and dear relatives and friends. The services, owing to the cold snap, were held in the house. The reverend clergyman of the Church of England delivered a touching and powerful sermon, which must have reached the hearts of every one present. Special mention was made of deceased's beautiful disposition and character, coming amongst them like a ray of sunshine. She leaves behind her to mourn her loss a kind and loving husband, Arthur Hamilton, an only sister, Mrs. Morlie White (Nellie), a kind and considerate brother-in-law, Morley White, and E. W. Marks, May Bell Marks, Thomas Marks, Ella Marks and Arthur; Jack Marks, wife and family of British Columbia; Joseph Marks and wife, Isaac Marks, MacKenzie Marks, his wife, Lorna, and two daughters, Sine Marks and Nellie Marks and three sons, and many relatives and friends of her husband. No more will this cheerful sister stand in the door of the parental home to welcome the home-coming of the brothers at the end of the theatrical season.

Portland Board of Health

Harrowsmith, March 21.—The local Board of Health met March 16th and passed the following accounts: \$26.75, A. Brown, drugs; \$3.40, Thomas H. Sargent, drugs; \$5.30, University of Toronto, drugs; \$76.75, Thomas Dewker, services in small-pox epidemic; \$2, Frank Martin, rent; \$12, J. S. Gallagher, goods furnished; Mrs. D. C. Babcock and Frank Shannon; \$6.90, Dr. Geddes, telephone and express charges; Dr. Geddes, Medical Health Officer, presented his bill, thirty trips to Harrowsmith during smallpox, at \$20 per trip—\$600. No action taken by Board regarding bill.

Cobourg Board of Trade

Cobourg, March 23.—At the annual meeting of the Cobourg Board of Trade the following officers were elected: President, W. J. Maher; first vice-president, W. W. Hooper; second vice-president, A. L. Jex; secretary-treasurer, T. S. Chatterton, and a council of eighteen members.

Gives Honorable Discharge

Cobourg, March 23.—Private Walter H. McCuller, who has been in the Soldiers' Convalescent Home at Kingston, has returned to his home in Port Hope. He has done his bit and has been honorably discharged.

Trentonian Dies in Bermuda

Trenton, March 23.—Pte. Peter Valner of this place, son of the late Andrew Valner, who enlisted in the Canadian Overseas Force and was sent to Bermuda with the 38th Battalion, has died there of fever.

PRANK OF A BOY CAUSES AWFUL FIRE.

Hurls Blazing Ball of Yarn Into Grass — 600 Residences Destroyed. Nashville, Tenn., March 23.—A ball of yarn, lighted and thrown by a boy into dry grass in a vacant lot, started a conflagration in Nashville at noon yesterday which was not under control until late in the afternoon after thirty-five residence blocks had been swept by the fire. The loss is estimated at \$1,500,000.

A wind driving at thirty miles an hour fanned the burning grass into a torrent of flames, which quickly caught a planing mill and leaped from building to building until at least six hundred residences had been destroyed. The East Nashville sub-postoffice burned down, the big Warner Public School and several churches reduced to ruins. It is estimated that at least 3,000 persons are homeless as a result of the conflagration.

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H. H. STEVENS, M.P., ON PROHIBITION.

Claims That Federal Prohibition Was Possible If They Stood Firm.

Montreal, March 23.—That if the temperance forces stood firm and kept up their agitation, the Government would grant Federal prohibition within the next twelve months, was declared by H. H. Stevens, M.P. for Vancouver, speaking to a crowded auditorium in Calvary Congregational Church. Mr. Stevens is the member who introduced the motion for federal prohibition in the House of Commons, and he hinted last night that it was likely the resolution would not carry. He believed that the legislation introduced by Hon. Charles Doherty, Minister of Justice, was intended to take its place. That this legislation would be helpful to the temperance forces he admitted, but added that it did not go as far as they would like to see it go.

AN "ARTISTIC ENTENTE."

Formed in Italy To Prevent Teutonic Artistic Influence. Rome, March 22.—Painters sculptors, composers, musical conductors, actors and writers have formed at Florence an association called "The Artistic Entente." The membership comprises French and British, Russians, Belgians, and Serbians. The aim of the organization is to prevent the infiltration of Teutonic artistic influence.

Going Home to Mother.

Just what is meant by going home to one's mother, in its larger sense, is perhaps a little difficult to define. Yet, surely, it must be a very universal experience. Have we not all at some time—often following a period of confusion and stress of circumstances—suddenly experienced that deep sense of finding ourselves where we belonged? A sense of restfulness and well-being, of general rightness and well-doing? It is a sloughing off of the non-essential and the trivial and a shifting of the spirit into deeper and simpler channels; a pause, when in the midst of all this mad dance of time and circumstances one gets a sudden, enlarging glimpse of truth and of eternity.

Soft Gingerbread

One teaspoonful of molasses, one-third cupful of butter, one and three-quarter teaspoonfuls of soda, one-half cupful of sour milk, one egg, two cupfuls of flour, two teaspoonfuls of ginger and one-half teaspoonful of salt. Put butter and molasses in saucepan and cook until boiling point is reached; remove from fire, add soda and beat vigorously. Then add milk, egg, well beaten, and remaining ingredients, mixed and sifted. Bake about twenty-five minutes in a hot oven.

If It Would Fit

Asquith recently administered a trim snub to a certain M.P. Some time ago, on the death of a noted public man, there was a great deal of gossip as to who should succeed him. The M.P. in question had a friend whom he wished to get the appointment, and determined to be first in the field, he went to Mr. Asquith on the day after the late holder of the post had died. "May my friend So-and-so have Mr. Blank's place?" he asked, eagerly. "His may," answered Mr. Asquith, gravely, "if he thinks the coffin will fit him comfortably!"

He Starts Badly

Mr. Lloyd George is very nervous when he starts to make a speech, and, as a rule, speaks slowly, haltingly, and ineffectively for the first few minutes. He says himself, "I'm a bad starter." He is only at his best when he has got well into his stride.

World's Best Pearls

Perhaps the finest pearls in the world are owned by the Duchess of Marlborough, to whom they were given by her father. They formerly belonged to the Empress Catherine of Russia.

AUTOMOBILE OWNERS THE MOST VITAL ANNOUNCEMENT EVER MADE TO AUTO OWNERS... COMPENSATING VAPOR PLUG... THE WONDERFUL INVENTION FOR SAVING GASOLINE... ONLY \$7.00 PREPAID...

THE ALLIES TO OPEN ON SATURDAY, MARCH 25TH First Class Shoe Shine Parlor and Tobacco Store... Call and give us a trial order and have your shoes shined. 320 PRINCESS STREET KINGSTON

S-U-N-K-I-S-T RAISINS PRUNES APRICOTS PEACHES Insist on "Sunkist" At All Grocers.

New Spring Suitings for Men... Featuring the largest range of fancy patterns we have ever shown—blues and blacks as usual, guaranteed fast dyes—and plain grey worsteds, new models. Our Price \$12, \$15 & \$18 127 PRINCESS STREET. Roney's, 127 Princess St.

For Eczema and other Skin Troubles We Guarantee Saxol Salve... to stop the itching and begin healing with the first application or return your money. GEORGE W. MAHOOD, Druggist, KINGSTON, Ont. SOWARDS Keeps Coal and Coal Keeps SOWARDS. The Victrola entertains the whole family. With a Victrola in the home no winter evening is ever too long; and no matter what the weather, no member of the family need be deprived of concert or entertainment at any time. C. W. LINDSAY LIMITED 121 Princess Street.

SELLING PRICES ON FAMOUS Dominion Auto Tires and Tubes... Sold by all First Class Dealers in Kingston.