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Compressed air at our door for everybody. Parts and pieces for all Canadian wheels—Tires, Tubes, Bells, Locks, Mud Guards.

## IT PAYS YOU

To buy your new wheel from us because we give you more for your money than the small dealers.

For your convenience we will be open till 9 o'clock p. m.

**Treadgold Sporting Goods Co.**  
88 PRINCESS ST. KINGSTON.

Sir Robert

# PEEL

THE CIGAR THAT MADE THE 5c FAMOUS

## Seeds Seeds

STEELE BRIGGS  
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FERRY'S

Fresh Garden and Flower Seeds.

Grass Seed, a strong, thick grower, 25c pound

## Best's

The Popular Drug Store Open Sundays.



## E. P. Jenkins' Rain Checks

Spring Freshets remind one of Raincoats. Both are here. Freshets on the outside; Coats on the inside.

New Shapes in Fine Checks, Serges and plain cloths.

Paramattas in all grades.

Military Coats in Inverness and colonel style in khaki.

All at reasonable prices.

**E.P. Jenkins' Clothing Co.**

## YOUNG WOMEN MAY AVOID PAIN

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.—"My daughter, whose picture is herewith, was much troubled with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound. She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."—Mrs. MATILDA KURTZWEG, 529 High St., Buffalo, N. Y.

Young women who are troubled with painful or irregular periods, headache, dizziness, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

If you know of any young woman who is sick and needs helpful advice, ask her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.

## The Talk of Fashionable Women

Are those pretty creations of Spring Footwear now being displayed in our window. They are fresh from the style designers of High Grade American and made in Canada Shoes. Style Shoes of Quality.

Each shoe is the correct expression of what Dame Fashion calls style.

**The Sawyer Shoe Store**

212 PRINCESS

## News Of Troops in the City

It is manifestly impossible to organize any great establishment such as a battalion of infantry of 1,153 men without it gradually going through a sifting process that in a very short time greatly changes the whole personnel. The 21st Battalion when it left here in May, last year, was looked upon as being one of the best organizations of its kind ever brought together. Nevertheless, the war with its lightning changes, affected this battalion, and to-day, a year later, the original establishment could hardly be recognized. It can hardly be said that any of these changes were brought about through the survival of the fittest, for many of them are due to promotions all along the line.

Probably the most important change is that of the two majors. Major C. C. Bennett, Kingston, who was senior major, is now in an even more responsible position as brigade major at Bramshott. Major D. H. McLean, Ottawa, in command of the left half of the battalion while in Kingston, is now major in the 39th Reserve Battalion at Shorncliffe, ably assisting Lieut.-Col. J. A. V. Preston. Major J. F. Wolfrain, Castleton, is also in the 39th Reserve Battalion at Shorncliffe. Capt. R. T. M. Scott, Ottawa, is in England holding down a very important post. Capt. Albert M. Stroud, Kingston, who was signalling officer of the battalion, has been meeting with a great amount of hard luck. He has been in hospital in England for some time, and may not be able to return to the front in the near future. In the meantime Sergt. W. Hazlett, Kingston, has been carrying on the duties of signalling officer, and recent information is to the effect that he will soon be granted a commission.

Capt. A. G. S. Sparks, England, and Lieuts. D. P. Stewart, Bassett, and Flavell, Ottawa, are aides-de-camp on the brigade staffs. Lieuts. John Inderwick, Ottawa, is a staff captain in the Tunnelling Company in France. Lieut. R. W. White, Pembroke, is with the 4th Brigade Machine Gun Company. Lieut. Newcombe, Ottawa, transferred to the Princess Patricia's C. L. I., and has since been wounded. Lieut. W. J. S. Sparks, Ottawa, is the first officer of the battalion to return to Canada, he being home on convalescence leave. Lieut. C. K. Wilgress, Brockville, was killed some time ago. Sergt.-Major Gilbert is instructing in a school of trench warfare in England.

The changes have resulted in Capt. A. K. Hemming, son of Col. T. D. H. Hemming, D.G.C., being second in command to Lieut.-Col. W. S. Hughes. It is understood that he will shortly be given the rank of major.

The School of Signalling examinations will be conducted about the last of the month.

Lieuts. F. H. Purdy and W. H. Roberts and Sergeants M. S. Compton, A. E. Millner, H. P. McGraw, H. K. Filson, J. C. Irwin, G. N. Williams and P. McWilliams are leaving to take a course in bayonet fighting and physical drill at Montreal. The course will close on May 4th.

The soldiers of the Kingston garrison attended divine service on Sunday morning as follows:

"C" Battery, R. C. H. A., and R. S. A.—Anglicans to St. George's Cathedral, Presbyterians to St. Andrew's Church, Methodists to Queen Street Church.

All other permanent corps—Anglicans to St. George's Cathedral, Presbyterians to St. Andrew's Church, Methodists to Sydenham Street Church.

Infantry School, School of Signalling, and Machine Gun School—Anglicans to St. George's Cathedral, Presbyterians to St. Andrew's Church, Methodists to Queen Street Church.

50th, 51st, 52nd and 53rd Depot Batteries—Anglicans to St. Paul's Church, Presbyterians to St. An-

## THE FAMILY PHYSICIAN

### "Fruit-a-lives" is the Standby in This Ontario Home

SCOTLAND, Ont., Aug. 25th, 1913.

"My wife was a martyr to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money, until we happened on 'Fruit-a-lives'. We have used it in the family for about two years, and we would not use anything else as long as we can get 'Fruit-a-lives'."

J. W. HAMMOND.

"FRUIT-A-LIVES" is made from fruit juices and tonics—is mild in action—and pleasant in taste.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

Andrew's Church, Methodists to Queen Street Church.

146th Battalion—Anglicans to St. Paul's Church, Presbyterians to Queen Street Church, Methodists to Queen Street Church.

The band of the 146th Battalion accompanied the Presbyterian part to Cooke's Church.

Roman Catholics paraded to St. Mary's Cathedral.

Lieut. D. A. Stalker, 43rd Regiment, is appointed to the 207th Battalion, with rank of lieutenant.

Capt. S. M. Gilroy, 80th Battalion, is promoted to the rank of major in the C. E. F., and appointed junior major in the 80th Battalion.

Capt. N. S. Caudwell, 56th Regiment, appointed adjutant 80th Battalion, with the rank of captain, from the 5th infantry, vice Major R. H. Watson, appointed senior major.

It is published for the information of all concerned that the officer commanding the 230th (French-Canadian) Battalion, C.E.F. (Lieut.-Col. De Salaberry), has been granted permission to recruit throughout the whole of Military District No. 3 in so far as French-Canadians are concerned. Commanding officers will therefore issue instructions to their officers that representatives of the 230th Battalion are to be given every assistance.

It is published for general information that boards of officers assembled to condemn clothing and equipment of the C. E. F. will in future be garrison boards, and before same are assembled application must be made to the Assistant Adjutant-General, Military District No. 3, Kingston, Ont.

Lieut. McKim, recruiting a cyclist platoon here, was in Ottawa over the week-end. Lieut. McKim hopes to have the platoon up to strength as soon as Queen's University closes.

Lieut. Dymond, Toronto, was in the city on Saturday, when the examinations of the School of Machine Gunnery were conducted.

A course in machine gunnery opened on Monday under Sergt.-Inst. Murray for N. C. O.'s of C. E. F. units of Military District No. 3. It is expected that when all will have arrived there will be about twenty-five in attendance.

Pte. Vincent Curtin, Toronto, was dangerously wounded at front. He is with the 21st Battalion.

R. O. Bayer, manager of the Royal Bank, Tweed, resigned his position to join the King's forces. He has joined the R.C.H.A. in Kingston.

G. P. Armstrong, a graduate of the

Probs. Fine to-day and on Tuesday; becoming milder.



For the woman who demands Genuine individuality

## Dress Up for Easter!

Special Suit Sale—now on—at \$13.95. All sizes and colors—smart styles. New York Suits, \$19.50 to \$50.00. All alterations free. We invite comparison.

STEACY'S STEACY'S STEACY'S

## CHILD GETS SICK CROSS, FEVERISH IF CONSTIPATED

"California Syrup of Figs" can't harm tender stomach or bowels.

A laxative to-day saves a sick child to-morrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

Royal Military College has joined the ranks of the 204th Battalion, Toronto. He would not wait longer for appointment as an officer.

The 53rd Battery held a very successful smoker in their barracks on Friday evening, with the following programme:

- Mouth organ selection by Joyce, Shuttleworth, Pills and Bullock.
- Boxing, 158 lbs., Gale and Billinghurst.
- Boxing, heavyweight, Smith and McBurnie.
- Piano selections and popular music by the whole battery.
- Wheelbarrow race between Ellis and Trace, Joyce and Proctor, McBurnie and Croft.
- Mouth organ solo by Grant.
- Wrestling, 125 lbs., Snellie and Kennedy, Ellis and Slater.
- Mat-work gymnastic exhibition, Kennedy and Snellie.
- Recitation by Kemp.
- Blindfolded boxing, Russell and Slater.
- Recitation by Lloyd.
- Soda biscuit contest.

R. Leason has enlisted in the 146th.

Medical officer (examining recruit)—Your heart and chest measurements are all right. Now get on the scales.

Recruit (promptly)—Doh-ray-mefah-soh—

To Visit Medical School: Hon. Justice Hodgins, appointed by the Provincial Government as a Commissioner to enquire in the matter of Medical Education and Practice in the Province of Ontario, arrived to-day to inspect the Medical School of Queen's University and to hold public sittings to hear representatives of the university and others who may desire to be heard. The sittings will be held in the Court House at 8 p.m. to-night and on Tuesday at 10 a.m.

1,000 Tins Tomatoes 9c Tin  
1000 Tins Choice Peas 2 for 15c.  
1000 Lbs. Finest Creamery Butter 36c Lb.  
The Wm. Davies' Co. Ltd. Phone 597

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It is purer, because of the great care taken in its manufacture.

It makes foods richer, tastier and easier to digest.

It does not melt or get hard when kept in ordinary kitchen temperature.

It comes in packages that are easy to open and clean and handy to use.

Your grocer will recommend Crisco to you.

Made at Hamilton, Canada

## Sunlight Soap

There is pleasure at every stage in the use of Sunlight. In the washing—for the work is greatly lightened.

In the ironing—for the clothes have such a fresh, sweet air of newness. In the wearing—for the clothes have inherited the exquisite purity of Sunlight itself—and are clean indeed.



A \$5,000 guarantee attests the purity of Sunlight Soap. All grocers sell it. 5c