

### DRINK HOT WATER BEFORE BREAKFAST

Says you really feel clean, sweet and fresh inside, and are seldom ill.

If you are accustomed to wake up with a coated tongue, foul breath or a dull, dizzy headache; or, if your meals sour and turn into gas and acids, you have a real surprise awaiting you.

To-morrow morning, immediately upon arising, drink a glass of hot water with a teaspoonful of limestone phosphate in it. This is intended to first neutralize and then wash out of your stomach, liver, kidneys and thirty feet of intestines all the indigestible waste, poisons, sour bile and toxins, thus cleansing, sweetening and purifying the entire alimentary canal.

Those subject to sick headaches, backache, bilious attacks, constipation or any form of stomach trouble, are urged to get a quarter pound of limestone phosphate from the drug store and begin enjoying this morning inside-bath. It is said that men and women who try this become enthusiastic and keep it up daily. It is a splendid health measure for it is more important to keep clean and pure on the inside than on the outside, because the skin pores do not absorb impurities into the blood, causing disease, with the bowel pores do.

The principle of bathing inside is not new, as millions of people practice it. Just as hot water and soap cleanse, purify and freshen the skin, so hot water and a teaspoonful of limestone phosphate act on the stomach, liver, kidneys and bowels. Limestone phosphate is an inexpensive white powder and almost tasteless.

### For Breakfast

New Buckwheat Flour Table Syrup Coffee

We have the best brands. D. COUPER, Phone 76. 341-3 Princess St. Seal Shipt Oysters.

### Cocoanut Oil Fine For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with. Don't use soaps and prepared shampoos that contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain multifid cocoanut oil (which is pure and entirely greaseless), is much better than the most expensive soap or anything else you can use for shampooing, as this can't possibly injure the hair. 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. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage. You can get multifid cocoanut oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

### 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 SYDENHAM STREET.

### Incubators

Call in and get prices on incubators before buying. We also carry a large stock of Buggies, Kitchen Cabinets, Fan-saw Mills, Milk Wagons a specialty.

J. C. SPENCE, Agent for Massey-Harris high grade Machinery. 122 CLARENCE ST. Phone 1221.

### Fred Dowling

Sole Agent for the celebrated CROWN BICYCLE. First Class Repairs; also a large stock of Bicycle Accessories. Works, 289 Princess Street.

### NEW METHOD Cleaning, Pressing and Repairing

Neatly done. We make specialty of Ladies Work. M. F. PATTON, Prop. 149 SYDENHAM ST. (Near Prin. 222) Phone 214.

### THE DISTRICT NEWS

CLIPPED FROM THE WHIG'S MANY BRIGHT EXCHANGES.

To Brief Form the Events in The Country About Kingston Are Told—Full of Interest to Many.

Judge Harding has been elected president of the Lindsay Golf Club. A farewell dance for the 130th Battalion is going to be held in Carleton Place on May 10th. Pte. Ernest Butler Hudson, 80th Battalion, and Miss Ida Henrietta Lancaster, Belleville, were married on Tuesday.

William L. Tallman, Toledo, and Miss Myrtle Laura Stevens, Elgin, were married in Brockville on Wednesday.

Daniel O'Connell, Peterboro, has been elected a member of the Law Society, the only new man to break into the circle.

Ex-Ald. William Lott, of Belleville, passed away Wednesday after an illness of some duration. He was aged sixty-seven years.

A Port Hope lady has given some old trinkets and jewellery to be sold for Belgian relief, the committee for which received \$120.

Harry Gilman, Peterboro, who sustained serious injuries in a fall from the Bloor street viaduct at Toronto, last Thursday evening, died on Wednesday.

J. Gobell, a commercial traveller, has located at Carleton Place, and has purchased the property of the late John H. Bradford, below the C.P.R. station.

Sergeant Archie Burns has resigned from the Brockville police force, to take effect May 1st. He intends taking up residence on a farm in Augusta township.

Archibald Porteous, son of Thomas Porteous, Carleton Place, was severely scalded in a railway wreck near Port William on Friday last and died in the hospital.

At Winnipeg on Wednesday, W. F. Dolan, son of John Dolan, Carleton Place, joined the ranks of the bonedicts. The bride was Kathleen, eldest daughter of Mr. and Mrs. W. H. D'Arcy.

At a recent meeting of the Loyal Orange Lodge, No. 8, Foxboro, an address accompanied by a signet ring was presented to Bro. Hubert Carl, a corporal connected with the 80th Battalion.

Messrs. Johnson, Grant and Cook, M.P.'s for Hastings, and the member for Prince Edward, Mr. Parliament, have secured a grant of \$500 from the legislature for the 156th Battalion.

Rev. R. W. Hamilton, B.A., secretary of the Laymen's Missionary Movement of the Presbyterian Church in Canada, has been invited to the pastorate of the First Presbyterian Church, Brockville.

Not Reckless. Jake Pentecoff came to seek aid from the city fathers.

"I gotta half a sack of flour," said Jake. "I'm all out, and my family is starvin'."

"All right, Jake," said the official. "If you need flour and have no money, we'll get you a sack. But, see here, Jake, there's a circus coming, and if we get you flour are you sure that you will not sell it and take your family to the circus?"

"Oh, no," said Jake; "I already got fat sated up. Yes, I got money to go to the circus."

Easter Hats. An amazing assemblage of new styles, \$2, \$2.50, at Campbell Bros.

### Gananoque

(From Our Own Correspondent.)

April 20.—A large gathering assembled at the King street station last evening at 8 o'clock for the home coming of Sergt. Robert H. Case, who left here with the 3rd Battery of the 1st Brigade in the last overseas contingent. The officers and members of Gananoque Lodge, No. 114 I.O.O.F. and the Fire Brigade, to both of which he belonged assembled in force to meet him. The Mayor and Council were also present to bid him welcome home.

Frank Ames and Bert J. Davis had their household effects moved to Tremont Park by the Belle Mahone and will begin at once to get things in readiness for the opening up of the tourist traffic in this section.

Mrs. William J. Kelly, attended by Miss Anna Kane, trained nurse, was taken to Kingston by auto yesterday morning and was operated on for appendicitis at the General Hospital.

Pte. P. Newton, C.M.R., Hamilton, spent the past few days in town with relatives. Ptes. Cotton, LaChapelle, and Calvert of the C.M.R., Hamilton, all of this town, are in the draft from that battalion to leave shortly for overseas. Pte. Brenton Haynes, of the 80th Battalion, Belleville, spent the past few days in town with his parents, Mr. and Mrs. George B. Haynes, First street.

At the meeting of the Town Council on Tuesday evening the application of William Dorey for the position of night policeman to fill the vacancy caused by the enlistment of Archibald Neal was accepted. The salary was fixed at \$550. for the first year.

J. C. Linklater, Principal of the Gananoque Public Schools will be in charge of the march on Saturday afternoon in commemoration of St. Julien's Day. The following is the arrangement for the march: 156th Battalion, public school pupils, high school pupils, the Citizens' band, veterans, firemen, mothers, wives and sweethearts of soldiers; citizens in general.

Men's Hats. Save time, trouble and money by buying your new hat at Campbell Bros., \$2, \$2.50, \$3, \$4.

Easter Chocolates. Huyler's and Nylo Chocolates, 60c, 80c, \$1.00 lb. Prouse's Drug Store.

David Campbell, formerly of Rosetta, died at the home of his sister, Mrs. Stead, Carleton Place, on Sunday last. D. G. Campbell, of Taylor Bros., Carleton Place, is a son of the deceased.

After the last sad rites are over a paid up insurance policy is mighty comforting.

The business man who succeeds has no time to spend with the business of other men.

Spring Fishing. Anglers in all parts of the country are now getting their fishing paraphernalia ready for the opening of the spring call. An objective point that will appeal to fishermen is Algonquin Park, (200 miles north of Toronto, and 170 miles west of Ottawa.) where fine sport is assured with the game speckled and salmon trout.

"The Highland Inn" at Algonquin Park Station will open this year for the reception of guests on May 1st. Interesting illustrated, descriptive literature free on application to the G. T. R.

### Auction Sale of Motor Cars, Trucks and Motor Cycles

50 Cars and Trucks and a Number of Motor Cycles. Saturday, April 22nd

Commencing at 1.30 o'clock sharp. Friday afternoon and Saturday morning for demonstration. Take advantage of the reduced railway rates and come. Almost every make of car will be offered: Ford, Chevrolet, Dodge, McLaughlin, Overland, Reo, Lozier, Hudson, Hupp, Cadillac, R.C.M., E.M.F., Packard, Studebaker, Etc.

BETWEEN 20 AND 30 FORDS. J. HERBERT SMITH, Auctioneer. Terms Cash. Cars entered for this sale must be in by Friday noon. Watch for our weekly sales.

### Cudmore's Motor Auction

835 YONGE STREET, TORONTO. NORTH 3400.

### NEW YORK FRUIT STORE

Strawberries Arriving Daily. Sunkist Oranges 20c, 30c, 40c and 50c a dozen. Grape Fruit, 4, 5 and 6 for 25c. Pineapples, 20c each. Bananas, 15c and 20c a dozen. Fruit delivered to all parts of the city.

314 PRINCESS STREET. Phone 1405

### For High Class Ladies' Ready-To-Wear

You will find at Mendels

### New Suits, New Coats New Dresses

Just Opposite the Grand Theatre, New Blouses and Millinery—always the best at the least price—Corsets Gloves and Neckwear of all kinds. Don't forget the place.

### Mendels

Opposite Grand Theatre.

### New Boys' Suits

Special values, at \$5.00, \$6.00, \$7.50 Sizes 28 to 35. MILITARY SUITS FOR SMALL BOYS. Sizes 4 to 8 years; cavalry model. Priced at \$5.00—Puttees included. Caps to match 75c

### Roney's, 127 Princess Street

The Musician finds in the Heintzman & Co. Art Piano his demands more than met. He finds a tone unequalled—a touch that meets every requirement—an appearance that pleases the artistic sense. He finds a piano which is an inspiration in itself—a piano from which he can obtain effects not possible from any other instrument.

C. W. LINDSAY, LIMITED, 121 Princess St.

YE OLDE FIRME The Musician finds in the Heintzman & Co. Art Piano his demands more than met. He finds a tone unequalled—a touch that meets every requirement—an appearance that pleases the artistic sense. He finds a piano which is an inspiration in itself—a piano from which he can obtain effects not possible from any other instrument. C. W. LINDSAY, LIMITED, 121 Princess St.

THOMAS COPLEY Telephone 987. Cook's Cotton Root Compound. A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.00; No. 2, 50c; No. 3, 25c per box. Sold by all druggists, or sent postpaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Opposite Whelan)

RELIABLE IS A GOOD WORD—AN IMPRESSIVE WORD, THE WORD WHICH BEST INDICATES THE VALUE OF THIS STORE TO THE COMMUNITY.

### First They Said: "It Can't Be Done!" Now They're Saying: "How Can They Do It?"

Nevertheless, we are going right ahead every day saving buyers money on every purchase. Everybody is wondering how we can do it. It is not half so important to you to know "how we do it" as the fact that we do it and that you have actual savings ready here for you when you get ready to buy. These are statements no man can question, because you and every other man can prove these easily.

REMEMBER. We stand back of every purchase.	EXTRAORDINARY 35c value in Easter Neckwear, To go at 25c.	It is better to get Your Spring Suit here than to wish you had.	FOLLOW THE CROWD To Kingston's Busiest Clothing Store.
MEN'S BLACK HOSE Good value at 15c a pair. To go at 12c a pair.	EXTRAORDINARY Bargains—in Men's Working Shirts, 50c and 75c values. To go at 30c.	REGULAR 10c Canvas Gloves. To go at 5c a pair.	MEN'S CLASSY Tweed Raincoats. \$15.00 value, for \$10.95. Get in line for one.

GET YOUR BOY'S EASTER SUIT HERE. IT WILL MORE THAN PAY YOU. ASK TO SEE OUR CLASSY RANGE.

### Don't Forget the Place The Lion Clothing House, THE BARGAIN SPOT OF KINGSTON. RODGER'S OLD JEWELRY STAND, KING STREET.



A FORMAL AFTERNOON FROCK IN CREAM AND BLACK. An elaborate little frock this, of cream lace veiled in portions by black net. An apron of shell pink silk under the net tunic is echoed by a shell pink satin sash which passes around the lace skirt also under the net. The lower part of the bodice is also shell pink veiled by black net and on the girdle of black ribbon are appliqued velvet flowers in shades of deep pink.