Internal Bathing's Rapid Growth

It is but natural to expect that a re-Jief from Constipation and the many ills which it causes, which is so effecnal and so natural as Internal Bath-

to suggest other reasons, and these There has been great talk about a found that \$82,000 had been expendare found in the statement of users political truce. Does this mean that ed on furnishings given out to a the morning after an Internal Bath, men are to remain in public office to some waste which is ever present conduct of affairs is? In Manitoba, the Lower Intestine gives Nature a chance to work unhampered. And one the people hurled out a government

Mr. F. E. Smoth writes: of the Cascade she sleeps better and Columbia, the same thing happened, tion of the past; can eat anything on vative government was told that it the bill of fare and drink all bever- was not wanted. Any why? They

cient device for Internal Bathing, is being shown and explained in detail by istration of the country, and not albooklet. "Why Man of Today Is Only patriotism." (Loud applause). 40 Per Gent, Efficient," If you prefer, write to Dr. Chas. A. Tyrrell, 163 College street, Toronto, for same

FRECKLES

How to Remove Easily

Fortunately for her peace of mind ing our inventory. the prescription, othine-double In Canada to-day, we were faced of the province. He also referred to

\$1200-Double frame, 4 rooms each, Beverly street. \$1600-Frame, 6 rooms, Raglan Rd. \$2000-Double frame, Earl St.

\$2000-Frame, 6 rooms, Barrie St. \$2200-Frame, improvements, Chatham street. \$2000-Brick, Brock street. \$2250-Cement Block, Colborne St \$2600-Brick Vencer, all improve-

ments, Ordnance St. \$2800-Brick, improvements, garage, Frontenac St. \$3000—Roughcast, Earl St. \$2800-Frame, 9 rooms, improve-

ments, Albert St. \$3500-Brick, all improvements, Victoria St.

\$3500-Brick, all modern, good stable, Patrick St. \$3600-Brick, all improvements, Aberdeen street.

\$4500-Brick Vencer, all improverooms, Union St.

\$5000-Brick, all improvements, Div-

\$4300-Brick, modern, Collingwood \$5500-Brick, all modern, Queen St. \$5500-Double Brick, 7 rooms each, Mack St.

\$6000-Brick, all improvements, University Ave. \$7000-Four brick, improvements. Pine St. APPLY

HONOR PAID TO

(Continued from Page 5.) . -

he elimination of the permitious and and say nothing, no matter what the s in the morning clear-headed, that was found to be corrupt. The able, bright, confident and eager for representatives were found to be unl worthy of the trust of the people, Dear Doctor.-Your 'Cascade' made and further some of the ministers a new man of me at the age of 49. I were prosecuted. In Nova Scotia. ment also, and today she has better the Conservatives were turned out, health than ever before. Since the use and the Liberals put in. In British Fainting spells have become a condi- and in New Brunswick the Conserbot weather does not cause op. were tried in the balance, and found wanting. We should discuss some The 'J. B. L. Cascade, the most effi- of the things relating to the admin-J. Hoag, Kingston, Ask for free low any person to shelter himself in

National Service. tions to-day. In Ottawa, what were There was no more vital asset in Milburn's Heart and Nerve Pills the conditions so far as national March Brings Out Unsightly Spots, service was concerned. We realized that we were two years late, in tak- of the world's output was to be of price by the T. Milburn Co., Liming an inventory of our man power. The woman with tender skin What inventory had been taken of erican corporation to monopolize it dreads March because it is likely to our man power? Why had 50,000 in this way? cover her face with ugly freckles. No men been able to get across to the matter how thick her veil, the sun United States, and were not here and winds have a strong tendency to when needed? Simply for the reason presence of the ladies, stating that quaintance, and knew him well" he that we had started too late in tak- at the next election, they would have

strength, makes it possible for even with new conditions, and it looked the fact that he had the pleasure those most susceptible to freckles to as if the Militia Act should be en- of speaking in Kingston on two prekeep their skin clear and white. No forced. Men could be retained for vious occasions, for Hon. William matter how stubborn a case of freck- home service, and allow others to go Harty, when the latter was a candiles you have, the double strength overseas. This was a matter that date for parliamentary honors. The would have to be dealt with. He be-Get an ounce from your druggist lieved that 50,000 could be enlisted mingled with grief owing to the for home service, and that a sufficient death of Major Mowat. He came to number could be secured to go over- emphasize the ideals and principle seas. He has sufficient confidence in for which the deceased had lived. the manhood of Canada to make this

trip of Premier Borden overseas, and was taking with him a party for had stood and died, in the cause of the purpose of throwing a veil over corruption in Manitoba. Was this national service? If so, it was not of the kind that we had acquired.

The speaker declared that both at Ottawa and Toronto, there was lack of leadership-a lack of thought and brains, to see ahead. In Ontario Legislature there had been

BEAUTIFUL HAIR, THICK, WAVY, FREE

\$1800-Frame, large lot, Albert St. Draw a Moist Cloth Through Hair and Deuble Its Beauty at

pears and Hair Stops, Coming

ments, 7 rooms, Frontenac St. the joy of it. Your hair becomes minutes, \$4500 Brick, all improvements, 10 light, wavy, fluffy, abundant and ap-\$4000-Double Frame, Garrett St. ful as a young girl's after an appli- continued to flay the government. \$4500-Brick, all improvements, cation of Danderine. Also try thishardwood floors, University moisten a cloth with a little Dan- government," said Mr. Dewart, "they telegram from H. M. Mowat, of To-\$4000-Cement Block, all modern, your hair, taking one small strand at them into the light." Loud applause Mowat regretting that owing to sera time. This will cleanse the hair followed this statement. of dust, dirt, or excessive oil, and in Mr. Dewart continued to throw sion street.

Sion street.

Sion street.

Sion street.

Sion also announced bled the beauty of your hair. A de-the Conservative government, while that but for the sadness of the event bled the beauty of your hair. A de-the Conservative government, while that but for the sadness of the event bled the beauty of your hair. A de-the Conservative government, while that but for the sadness of the event bled the beauty of your hair. lightful surprise awal's those whose the hall was in darkness, and in a deceased's mother and sister would faded, dry, brittle or thin. Besides on again, and there was no further had received a kind note of thanks beautifying the hair, Danderine dis- trouble.

roots, invigorates and strengthens that the legislature had granted them. Its exhilirating, stimulating exemptions to foreign nickel industhe Hair to grow long, strong and Howard Ferguson had declared that

ing, lustrous hair and lots of it, if you we cannot be referred to as being woman can make a neighborly will just get a 25-cent bottle of disloyal when we discuss them. We

much talk about thrift and economy. but the speaker was amazed over the fact that the government did not want to have anything discussed, not even their expenditures. And why? Three years ago, it was announced that \$400,000 had been expended on ng, should quickly make many con- started . There has been a tendency It was now discovered that the house on the part of the Conservatives to cost \$1,300,000. Looking up the tremendously is the past few years as depreciate a discussion of any issue. public accounts the speaker had firm without contracts. Could this be termed "war time thrift?" When the people were being taxed for the

> ly expended. Taxation was a most important issue.

The Nickel Question but he had no apology to offer. How- Heart and Nerve-Pills. ever, his evidence had not been met | Mrs. John Sloan, Haley Station, We were faced with real condi- just the same as before the war. proud to say they cured me." existance than the nickel industry at | are 50c a box or 3 for \$1.25, at all the Sudbury mines. Eighty per cent dealers, or mailed direct on receipt found there, and why allow an Am- ited. Toronto, Ont.

> In his opening remarks, Mr. De-wart made special reference to the "I had the pleasure of his aca chance to decide the future policy

Continuing, Mr. Dewart stated that we were living in stirring times. Mr. Dewart then referred to the We were living in a time of duty, honor and sacrifice . It was for the present generation to continue to stand for the ideals for which men liberty and freedom.

> The speaker said he had been unable to find out anything about this company . He could not even the names of the shareholders. Why not have all the nickel in Ontario refined in Ontario, for the benefit of all the people? Why hand it over to the International Nickel Company, a foreign company? We should keep control of the nickel industry. But what had happened? Provision was being made for the nickel that would be required in Great Britain, to be refined at Port Colborne, while the balance would be left open for foreign competition, while we had no control over it.

From Darkness to Light

It so happened that at this stage of the proceedings, while the speaker was giving the Ontario Legislature a know." Save Your Hair! Dandruff Disap- severe rap over the knuckles, for the way in which it had handled the of his life-time," added Mr. Dewart." OLD FOLKS NEED it is a splendid tribute. He lives to-Immediate?—yes! Certain?—that's lights in the hall went out for a few

But Mr. Dewart went on in his pears as soft, lustrous and beauti- address, amidst loud applause, and derine and carefully draw it through are in darkness, but we will lead ronto, a brother of the late Major

hair has been neglected or is scraggy, few minutes the lights were switched have been present. The secretary

solves every particle of dandruff; Mr. Dewart claimed that when the most will be after a few week's use, thing possible to win the war, that the National Anthem. when you see new hair-fine and it was only right that there should downy at first—yes—but really new be criticism. The government was hair growing all over the scalp. Inot practicing what it had been hair growing all over the scalp. Inot practicing what it had been hair growing all over the scalp. Inot practicing in the way of thrift and KINGSTON SMELTER CO., LTD.

such was not the case. You can surely have pretty, charm- "When we find these conditions, lacked leadership."

Tribute to Major Mowat.

When You Can't Sleep YOU SHOULD USE

Milburn's Heart and Nerve Pills

Sleeplessness is caused by the neryous system becoming deranged. Perhaps too much worry has gotten on your nerves, perhaps you have overworked yourself, or have been excessive in your use of tobacco, but war they had a perfect right to enwhatever the cause the nervous sysquire if the money was being propertem must be built up again before restful sleep can be assured.

Those whose rest is broken into by frightful dreams, nightmares, sinking and smothering sensations, who Mr. Dewart then turned his atten- wake up in the morning as tired as tion to the nickel question. He said they went to bed, can have their old he had been severely criticized by peaceful, undisturbed, retreshing many for his action in the matter, sleep back again by using Milburn's

or denied. Unfortunately, mistakes Ont., writes: "Over a year ago I had been made that should not be was very nervous. I could not bleep made. But now, the question was at night, and I would faint at the not as to what had been done but slightest fright. I tried several docwhat would be done at present and tors but they did me practically no in the future. We should rectify the good. I noticed your advertisement mistakes. It would be criminal not and immediately tried Dr. Milburn's to do so. The position to-day, was Heart and Nerve Pills, and I am

sel and forceful so far as work was ily-a family that you know in Kingname high on the roll of fame. On one side of the roll of honor has been written the name Mowat and the other side, McDonald. These two names stand high.

Continuing, Mr. Dewart said that Major Mowat had been for four years president of the Liberal Association, and had also occupied a distinguished place in the City Council . This meeting was a splendid tribute to his service as Mayor. He was a man whose counsel was eagerly sought, and always took a forward step in every good movement. Mr. Dewart read a note he had

been handed by a Queen's man, who was a classmate of the deceased. He did not have permission to give most splendid tribute that the unknown writer gave of Kingston's gallant son. He said he had been an intimate friend of "Jack" Mowat for twenty-seven years. He met him at Queen's University as a freshman. and stated that he was one of the leaders in all the activities of college He was prominent in athletes and organizations, "Jack" was a great admirer of his uncle, Sir Oliver Mowat, and devoted himself to public affairs. No person suggested that he was an office seeker. His duty was to others. He was modest, and as the writer put it, "one of the most completely honorable gentlemen I

"And this is the tribute of a friend day as one of the kings of the new democracy, and one who has done honor to you and to your country."

Before the meeting closed, Dr. Richardson stated that the Secretary "Yes, it is just like this with the of the Liberal Club had received a ious illness in his family, he was unable to be present.

cleanses, parifies and invigorates the government had been neglectful in ardson tendered thanks to all, who bowels some regular help, else they scalp, forever stopping itching and its duty, and this in view of the fact had attended the event, and the suffer from constipation. The confalling hair, but what will please you that the people were doing every- meeting closed with the singing of dition is perfectly natural. It is just

PERTS AND PROMOTERS

porated at \$30,000-What it In-

be no peace until there is honesty mining experts and promoters and sleep. and leadership in our government. their names guarantee a success for Canada has made a splendid response the Kingston industry. Hugh Suth- ered by many as a strong guarantee alone should be a big industry. in this war. The people have re- erland of Winnipeg is president, E. of its actual value and that it is thus spended to every appeal. If the re- F. Cromwell, New York is vice-presi- proven to be away from the class of thas not been as great as it dent, G. W. R. Fallon is secretary other ventures that might be comould be in certain lines, then the treasurer, A. MacKinnon is local pared to it. fault is in the fact that we have manager, and E. D. Chaplin is the It is the intention of the company

\$30,000, the low capitalization being from British Columbia. Owing Mr. Dewart devoted the closing made to prove the business and grad- the railway transportation trouble,

Satin

Only a small lot of Ladies' colored satin Pumps clearing at 75c. These are regular \$3.00 goods, but some are slightly soiled and some faded. Just the thing for house slippers.

Abernethy's Shoe Store



SPRING BUDS

Before the hills begin to stir, we have the

SPRING HATS

Ready for you to try on. See the Leading Styles in our Windows as you pass.

We Have Every Best Make.

\$2, \$2.50, \$3, \$4, \$4.50.

The Big Hat Dealers.

"CASCARETS" FOR LIVER, BOWELS

Salts, Calomel. Pills Act on Bowels Like Pepper Acts in

On behalf of the Club, Dr. Rich- Most old people must give to the walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are

So all old people need Cascarets. vegetation. It goes right to the It had been found just last week, HAS OFFICERS WHO ARE EX- One might as well refuse to aid weak and life-producing properties cause tries, at Sudbury although Hon. Hugh Sutherland of Winnipeg is bowels must be kept active. This is President-The Company Incor- important at all ages, but never so

sics. Youth may occasionally whip On page three of this issue will be the bowels into activity. But a lash are carried. Special apparatus is call in two minutes—that is, if you Knowlton's Danderine from any have great responsibilities. What found two splendid photographs of can't be used every day. What the necessary but already arrangements fifteens minutes for saying drug store or toilet counter and try we want is clean, straight, honest what promises to be one of King- bowels of the old need is a gentle are being made. This will mean an government, and it will not hurt to ston's best industries-that of the and natural tonic. One that can be ask for it, even in war times. Look Kingston Smelting Company, Limit- constantly used without harm. The it what Russia has done. I say put ed. The company has a group of only such tonic is Cascarets, and they the profiteers where they belong. men as officers, who have a good cost only 10 cents per box at any They talk about peace. There will reputation as reliable and efficient drug store. They work while you

to smelt lead secured from Ontario. The company is incorporated at Missouri, Wisconsin and probably which has so effected all Canad'an commercial life, the ore to this smelwork only at a very small rate as compared to its capacity. The ore that has been handled was from Missouri and Wisconsin . It is expected that Ontario, and more particularly the Indian Lake Mining Co. Time It! In Five Minutes, Your testinal griping. This will all go, at Perth Road will be forwarding

Home-Made

Canay Fresh Made Every Day.

Sakell's Next Grand Opera House Telephone 640





Our sale only lasts a few days longer. We have procured a stock of strictly high grade furniture from the best makers, that we are selling at prices that represent a great saving. This is an opportunity to furnish your home.

James Reid

The Busy Store with the Motor Service

ANSCO CAMERAS AND SUPPLIES,

CYKO PAPER AND M.Q. DEVELOPER Sole Agent and Distributor

T. H. Sargent,

The new departure will be that of Age is not a time for harsh phy- refining the lead and securing the small deposits of silver and gold that to sixty tons will be handled every day, this branch of the business

MORE CONVALESCENTS

Returned Soldiers Coming Back to

The following convalescents will arrive in the city from Quebec about Sunday: J. Quinn, Smith's Falls; P. Scriber, Hastings; J. Stanton, Colborne; E. Woodiwlss, Harwood; I. Webster, Portsmouth: M. Wrght, Buckingham; E. Savard, Hull; H. Mountain, Port Hope; J. Blue, Campbellford; A. McInnis, Omemee; H. Pugh, Lindsay; P. Tobin, L. L. Hele, J. Querin, Pererborough, R. White, A. Rivkley, F. Howland, H. Hamann,

food left over in the stomach to poi- The ore that has been handled has With-LOCAL APPLICATIONS, as they son your breath with nauseous odors. been made into pig lead that is cannot reach the seat of the disease. fortably, or what you eat lies like a takes hold of your food and digests ply.

lump of lead in your stomach, or if it just the same as if your stomach you have heartburn, that is a sign wasn't there.

mand is much greater than the supand in order to cure it you must take
by ply.

The ore is sold in Montreal or Toyou have heartburn, that is a sign wasn't there. ronto, both markets taking large faces of the system. Hall's Catarrh

LUBIN'S

CURES DANDRUFF AND STOPS FALLING HAIR 50c Bottle

Prouse's Drug Store

Phone 82.

20th Century Spring Overcoats

Crawford & Walsh

GOOD VALUES.

SPECIAL AGENTS

TAILORS,

Princess and Bagot Streets.

DYSPEPSIA GONE! NO INDIGESTION, GAS, SOURNESS — PAPE'S DIAPEPSIN

you have heartburn, that is a sign wasn't there. you have heartburn, that is a sign of indigestion. Get from your pharmacist a fifty-cent case of Pape's Diapepsin and take a dose just as soon as you can. There will be no cents a pound over pre-war be the stood of some of the best tonics known, combined with some of the less town, combined with some of the best tonics known, combined with some of the less town, combined with some of the less town. There will be no combined with some of the less town. There will be no combined with some of t

and, besides, there will be no sour shipments from now on. food left over in the stomach to poi-Pape's Diapepsin is a certain cure 98 9-10 per cent pure and the de-When your meals don't fit com- for out-of-order stomachs, because it mand is much greater than the sup-rtably, or what you eat lies like a takes hold of your food and digests ply.