

POLICEMEN LETTER CARRIERS DRIVERS

and other workers who must have enduring strength, take

SCOTT'S EMULSION

to build up and keep up their health. Surely it will do as much for you, but insist on SCOTT'S.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert - vigorous and vivacious - a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood.

Instead of the thousands of sickly, anaemic-looking men, women and fags; and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

These subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion, and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation.

Blankets

Our method of finishing blankets raises the nap, keeps them soft, and prolongs their period of usefulness.

Blankets are returned to you just like new. The Parker process of dyeing or cleaning Bedspreads and Eider Quilts is most successful, and does not impoverish them in any way.

PARKER'S DYE WORKS LIMITED 69 Princess Street, Kingston, Ontario.



Cuticura Better Than Beauty Doctors

For cleansing, purifying and beautifying the complexion, hands and hair, Cuticura Soap is supreme, especially when assisted by touches of Cuticura Ointment to soothe and heal the first signs of skin troubles.

Dominion Fish Co. Bulk Oysters 60c and 70c a quart.

FLIMSY REASONS GIVEN BY YOUNG MEN FOR NOT ENLISTING TO FIGHT.

A Citizen Deals with Them and Calls Upon the Young Men to "Quit Themselves Like Men."

Kingston, April 3.—(To the Editor): It is to be regretted that all men of military age in the city had not the pleasure and profit of listening to the brilliant and stirring address delivered by E. F. B. Johnston, K.C., of Toronto, before the Canadian club last Friday evening, which was commented on in your news and editorial columns of the 31st ult.

Mr. Johnston's words coming at the same time as the press despatch from the old land that every fit man was needed at the firing line and that Britain was passing a bill for the re-examination of men previously rejected as unfit, call for further thought.

Among reasons given locally by young men, for not enlisting for overseas two seem to stand out, viz., that they will not do so until some one or other connected with the militia department here goes, or they are conscientious objectors. As far as the former excuse is concerned it is of the most flimsy nature and would appear to be not even the shadow of an excuse.

With respect to the conscientious objector, it troubles one to know just what moral grounds has for advancing "conscientious" reasons. He surely would not have us tamely submit to the tender mercies of the murderous Hun, refusing to fight weaker ones or defend ourselves.

SUDDEN DEATH

Caused by Disease of the Kidneys.

The close connection which exists between the heart and the kidneys is well known nowadays. As soon as the kidneys are diseased, arterial tension is increased and the heart functions are attacked.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anurio"—the latest discovery of Dr. Pierce. Also send a sample of your water. This will be examined without charge by expert chemists at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

MICE DESTROY ORCHARDS.

On Wolfe Island—Mrs. Richard Russel Scalded. Wolfe Island, April 2.—James Mahoney, ailing for some time, is slowly improving. William Russell, Buffalo, visiting relatives for a few days, has returned home.

The young peach orchards on the St. Lawrence fruit farm has been completely destroyed by mice, which have also destroyed a large amount of young apple trees in different parts of the island.

Mrs. Richard Russell was accidentally scalded by the overturning of the kettle on the stove. Daniel Laggart, confined to the Hotel Dieu for the past two months with stomach trouble, is slowly improving.

James Scott, a popular young resident of Athens, has left for Vancouver, B.C.

HAD VIOLENT COUGHING FITS

LOOKED LIKE CONSUMPTIVE.

Mrs. Mary Wheten, North Forks, N.S., writes: "Having taken five bottles of Dr. Wood's Norway Pine Syrup, during the past few weeks, to relieve a chronic cough and general throat trouble, allow me to express my unbounded satisfaction and thanks as to its sterling qualities. A short time ago I became subject to violent coughing fits at night and directly after rising in the morning I began losing weight and all my friends cheerfully informed me that I was going into consumption."

After taking the "Dr. Wood's" I am pleased to relate that the cough has entirely disappeared and I have since regained the lost weight. I have no hesitation in recommending Dr. Wood's Norway Pine Syrup.

There are many imitations of "Dr. Wood's" on the market so see that none of these so-called "pine syrups" are handed out to you when you ask for "Dr. Wood's." It has been on the market for twenty-five years, is put up in a yellow wrapper, three pine trees the trade mark, price 25c and 50c.

PROF. SCOTT OF QUEEN'S

Preached at Re-opening of Wilton Presbyterian Church.

Wilton, April 2.—The re-opening services of the Presbyterian church were held on Sunday, with Prof. Scott, of Queen's, officiating at both morning and evening services, which were well attended.

Miss Phyllis Spring, Violet, spent the week-end with Miss Leila Simons. Miss Lillian Macdonald has a position to Napanee, which she has gone to with the Robinsons. Claude V. Asseltine, Signal Training Depot, Ottawa, is spending a week at his home here.

The Wilton cheese factory reopened on Monday with a large supply of milk. E. J. Babcock is re-engaged as cheese maker. The W. M. S. is holding an open meeting and "At Home" in the hall on Wednesday afternoon, April 11th.

COLLECTED SUM OF \$17.00

For a Quilt for the Kingston Red Cross Society.

Verona, April 3.—Mrs. T. S. Genge, one of the Helping Hand workers, devised a means of creating some little interest in Red Cross work, by distributing the several blocks, and asking for a contribution from each participant.

SAD FATALITY AT KIRKFIELD.

Lindsay, April 5.—A distressing accident occurred at Kirkfield when a boy named Carey, aged eighteen years, employed by W. H. Essery's Crushed Stone, Limited, was smothered to death.

WORRY, DESPONDENCY.

Kidney Disease is suspected by medical men when patients complain of backache or suffer with irregular urination, disturbed, too frequent, scanty or painful passages. The general symptoms are rheumatic pains or neuralgia, headaches, dizziness, irritability, despondency, weakness and general misery.

Dr. Pierce's Golden Medical Discovery for blood and stomach. Every package of "Anurio" is sure to be Dr. Pierce's. You will find the signature on the package just as you do on Dr. Pierce's Golden Medical Discovery for blood and stomach.

TAKING ENORMOUS CANADIAN PROFITS

OTTAWA Citizens compared with the year 1914 the earnings of one concern show a gain of more than 800 per cent.

After increasing the depreciation allowance 50 per cent, as compared with 1915, and the sinking fund allowance 100 per cent, meeting interest charges, and paying the full dividend for the year on the preferred stock (7 per cent) the balance representative of earnings on the common stock, was 3 1/4 millions, an increase of 1 1/2 millions over 1915 or 86 per cent. This represents \$28.50 earned on each \$100 of common stock in one year. The earnings, therefore, are equal to over 28 per cent on the common as compared to nearly 16 per cent in 1915, and a deficit of over \$300,000 in 1914.

What is the government going to do about instances like this? What is to be the attitude of the organs of privilege which, only the other day, were bleating about the lack of patriotism of the Canadian grain growers in demanding a higher price for their wheat? What will be the position of those newspapers which have gone so far afield as Lancashire, and its cotton operatives, to find horrible examples of the lack of patriotism among the free traders?

DEALING WITH DOUBTFUL KNIGHTS

OTTAWA Citizens. It will come as a shock to Canadian political tradition to learn that the British Columbia government is about to dispossess Sir Richard McBride of his fat job as agent-general of the province in London.

The incident is disturbing, however. It sets a precedent for dealing with "Hon." Robt. Rogers should the administration attempt to get rid of the party Jonah in several of the ways suggested. Perhaps, after all, the good old member of the Dominion may prove the only reliable haven for fellows who have done their bit with a thoroughness that unfortunately attracted to them a fatal and undesirable notoriety.

Clark Walker had the misfortune to lose a young heir with black fever last week. Rev. Mr. Raymond and family have moved back to the Holiness Movement Parsonage at Yarker.

The Civic Utilities Commission had a diver at work on Sunday at the waterworks plant taking the depth of the water in preparation for the new suction pipe.

FIFTY CASH PRIZES OF \$1.00 EACH

PERCY'S PLAN WILL HELP YOU. THE first thing Percy did was to walk through the stores and make a list of all the things that would make nice presents for a girl, so that he could compare his list with Mary's and see how many would fit the puzzling words.

How to Send Your Answers. Use one side of the paper only in writing out Mary's letter and keep it the same to form an answer. MARY'S letter is surely a puzzler. She has so mixed up the letters in the names of things she would like Percy to give her for her birthday gift that they spell something different entirely.

THE judging of the entries will be in the hands of three independent judges, having no connection with this firm, whose names we will tell you in due course. And contestants must agree to abide by their decisions. The awards will be given to the sender of the best opinions and sets of answers qualified according to the rules and conditions of the contest.

How the Prizes Will be Awarded. As soon as your answer is received, we will write to you and tell you the number of names given correct, and the big list of cash prizes and rewards that you can win, as well as names and addresses of hundreds of winners of big prizes from EVERWOMAN'S WORLD.



For the invalid as well as those in perfect health Baker's Cocoa

is an ideal food beverage, pure, delicious and wholesome.

Walter Baker & Co. Limited ESTABLISHED 1760 MONTREAL CANADA DORCHESTER, MASS.

Redpath SUGAR

Redpath refining methods produce no second grade sugar. We make and sell one grade only—the highest—so that you will never get anything but the best under the name of Redpath.

Canada Sugar Refining Co., Limited, Montreal. \$510.00 in Cash Prizes to be Awarded



MARY'S letter is surely a puzzler. She has so mixed up the letters in the names of things she would like Percy to give her for her birthday gift that they spell something different entirely.

- 1st Prize \$150.00 in Cash 14th Prize \$5.00 in Cash 15th Prize 5.00 in Cash 16th Prize 5.00 in Cash 17th Prize 3.00 in Cash 18th Prize 3.00 in Cash 19th Prize 3.00 in Cash 20th Prize 3.00 in Cash 21st Prize 2.00 in Cash 22nd Prize 2.00 in Cash 23rd Prize 2.00 in Cash 24th Prize 2.00 in Cash 25th Prize 2.00 in Cash 26th Prize 2.00 in Cash

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SHOE POLISHES BLACK-WHITE-TAN 10c KEEP YOUR SHOES NEAT F. F. DALLEY CO. OF CANADA LTD., HAMILTON, CAN.