

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

In effect Jan. 14th, 1917. Trains will leave and arrive at City Depot, foot of Johnson street.

Table with columns for Train No., Destination, and Time. Includes routes to Lvs. City, Lvs. Hamilton, and Lvs. Toronto.

GOING WEST: No. 19 Mail, No. 13 Express, No. 27 Local, No. 1 Intern'l Ld., No. 7 Mail.

GOING EAST: No. 18 Mail, No. 16 Express, No. 6 Mail, No. 14 Intern'l Ld., No. 28 Local, No. 1, 6, 7, 11, 14, 15, 19 Sun daily.

Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John Halifax, Boston and New York.

CUNARD LINE

Passenger Service Between Montreal and London (calling Fairmouth to land passengers).

CLEANLINESS: Our coal is as clean as slate or other foreign matter.

BOOTH & CO.: Phone 133, Foot of West St.

AN IMPORTANT LETTER FROM NIAGARA FALLS.

Niagara Falls, Ont.—"I was miserable, tired out and dragging around. My legs could scarcely support me. My husband had read about 'Favorite Prescription' and he got me to use it. I used four bottles and the results were surprising. I got stronger, was less nervous, my appetite improved and I felt like a new person. It is the best medicine for women I have ever heard of."



There is nothing that will bring comfort and renew hope to the invalid so surely as good news. When the vital forces are at a low ebb and everything seems useless, a ray of joy and assurance will stimulate the weary body to new effort and energy.

Doctor Pierce, of 'The Invalids' Hotel, Buffalo, N. Y., has good news for every suffering woman. Write him to-day and tell him your troubles, and he will send you just the right advice to restore you to health and bring back the roses to your cheeks, and without charge.

Mother, if your daughters are weak, lack ambition, are troubled with headaches, lassitude and are pale and sickly, Doctor Pierce's Favorite Prescription is just what they need to surely bring the bloom of health to their cheeks and make them strong and healthy.

Rev. Aylesworth B. Bell, B.D., son of the late A.M.P. Bell, of Napanee, who has been pastor of the First Congregational Church of Buffalo Centre, Iowa, where he recently built and dedicated a new church, has accepted a unanimous call to the First Congregational Church of Mankato, Minn.

KINGSTON SCHOOL NURSE

SOME ASPECTS OF MEDICAL INSPECTION ARE OUTLINED

Health Supervision in the Schools Very Important—Something the Local Nurse Has Accomplished.

Parents and others who have a direct acquaintance with the system of health supervision in the schools know that it is not a passing fad. There may be some, however, who do not appreciate the reasons moving the Board of Education to appoint a school nurse, nor do all appreciate the beneficial consequences of her work.

Past Conditions Bad. It is an unhappy fact that school attendance has not in the past been beneficial to children physically.

The System Changed. For six years the Kingston Public Schools have been under a system of medical inspection and two years ago increased attention was given to the condition of the children's teeth.

Benefits of Inspection. Since the first appointment of the school nurse she has reported to parents upon the condition of the children's teeth but during the past year dental defects have been given increased attention.

A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is Tongue Coated, Breath Feverish and Stomach Sour?

"California Syrup of Figs" Can't Harm Tender Stomach, Liver, Bowels.



A laxative today saves a sick child tomorrow. 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 hot, 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 poisoning, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again.

Bathe Internally And Keep Well!

Nature has mightily equipped us all, old and young, to resist disease—but she requires that we give her a chance.

Just call on F. J. Hoag, and request free booklet, "Why Man of Today is Only 50 Per Cent. Efficient." The most efficient device for Internal Bathing, The "J. B. L. Cascade" will also be shown and explained to you if you so desire.

Miss McCallum's Work. Miss McCallum's last report presents some interesting and impressive facts. During 1916, exclusions for contagious disease numbered 130.

As a result of the nurse's activities 72 cases of defective vision were treated, pupils being fitted with glasses and 12 receiving needed medical treatment.

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Too much stress cannot be laid on the fact that on the first sign of a cough or cold it must be gotten rid of immediately, otherwise it may cause years of suffering from some serious lung trouble.

Wedding at Verona. The marriage took place at Verona, at the home of the bride's parents, on April 10th, of Miss Jessie L. F. Carl, daughter of Mr. and Mrs. E. Carl, Verona, and James Leonard E. Wood, B.S., son of Mr. and Mrs. John Wood, of Hartington.

Eleven members of the aviation school at Toronto acted as an escort at the funeral of Lieut. Harold Talbot at Dorchester. He died at Camp Borden from injuries received when the aeroplane in which he ascended fell from a height of 1,700 feet.

Spasmodic Coughing. Many people when they contract a cold do not pay any attention to it, thinking perhaps it will pass away in a day or two. This is a mistake for before they know it, it has settled on the lungs.

Dr. Wood's is put up in a yellow wrapper, three pine trees the trade mark, price 35c and 50c. Manufactured for the past twenty-five years by The T. Milburn Co., Limited, Toronto, Ont.

Advertisement for Abernethy's Shoe Store. Features an image of a woman's shoe and text: "Pretty Footwear FOR WOMEN. This season we offer real pretty footwear in black, brown, grey, white and combination colors, yet not extreme. Prices \$10.00, \$9.00, \$8.00 and \$7.00."



Campbell's Hats Remarkable Style and Quality Achievements.

In face of the most stringent scarcity ever known in materials, we are still able to show our usual standard of quality because we buy from manufacturers who were prepared for the emergency.

Campbell Bros., Successful Styles in Men's Hats.



JUNE HAWTHORNE In Richard Walton Tully's "The Flame" at the Grand on Thursday evening, April 13th.

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Advertisement for Sakell's Candy. Features an image of a child and text: "Home-Made Candy Fresh Made Every Day. Sakell's Next Grand Opera House Telephone 640."

Advertisement for Kiddie Kars. Features an image of a child on a tricycle and text: "Kiddie Kars for the Kiddies. Make Them Strong and Vigorous. A Pleasing Exercise. Easily Propelled. CHILDREN'S FURNITURE IN WHITE ENAMEL."

Advertisement for James Reid. Text: "James Reid THE BUSY STORE WITH THE LARGE STOCK Call Motor Ambulance Phone 147."

Advertisement for T. H. Sargent. Text: "Now That Spring is Here Buy ANSCO CAMERAS AND SUPPLIES, CYKO PAPER AND M.Q. DEVELOPER. Sole Agent and Distributor T. H. Sargent, Corner Princess and Montreal Streets Telephone 41"

Advertisement for City Dairy. Text: "PASTEURIZED MILK AND CREAM. Visit This Dairy and Decide for Yourself. — Satisfaction Guaranteed. 24 Johnson Street Phone 2083"

Advertisement for Lubin's Scalp Remedy. Text: "LUBIN'S Scalp Remedy CURES DANDRUFF AND STOPS FALLING HAIR 50c Bottle. Prouse's Drug Store Phone 82. Opposite St. Andrew's Church"

Advertisement for United Grocery Store Co. and Taxi Service. Text: "United Grocery Store Co. Ben Lee, Mgr. TAXI SERVICE RING 960. Open and Closed Cars. Kingston Taxi Cab Co."

Advertisement for Labatt's Special Ale and Lager. Text: "Ask For Labatt's SPECIAL ALE, SPECIAL STOUT, SPECIAL LAGER Under 2 1/2 Per Cent. Proof Spirits. They're pure, nutritious beverages. For sale by all standard Hotels and Grocers, or delivered in case lots direct from the Brewery. JOHN LABATT, Limited MONTREAL Established 1832"

Advertisement for J. J. Stewart, Optician. Text: "SAVE YOUR EYES. — Eyestrain if neglected, may cause serious damage to the delicate mechanism of the vision, and by deranging the nervous system, cause headaches and other troubles. For Perfect Satisfaction Consult J. J. STEWART, Opt.D. Optician and Ophthalmologist. Cor. Wellington and Clarence Sts. Opp. Post Office. Phone 609"

Advertisement for Pinch Back Overcoats. Text: "Pinch Back Overcoats \$14.00 to \$18.00 Plain Grey Chesterfield Overcoats \$12.00 to \$20.00 New Raincoats and Spring Overcoat Combined, \$15.00. Large Stock of Indigo Blue and Pattern Worsted Suitings at moderate prices. JOHN TWEDDELL Civil and Military Tailor 131 Princess St."

Advertisement for Crawford & Walsh Tailors. Text: "20th Century Spring Overcoats GOOD VALUES. Crawford & Walsh SPECIAL AGENTS TAILORS, Princess and Bagot Streets."