Internal Bathing's Rapid Growth

It is but natural to expect that a re-Hef from constipation and the many ills which it causes, which is so effectualf and so natural as Internal Bathing, should quickly make many converts. But its general use has increased so tremendously in the past few years as to suggest other reasons, and these are found in the statement of users that they feel as if "made over new" the morning after an Internal Bath. The elimination of the pernicious and

poisonous waste which is ever present in the Lower Intesting gives Nature a this season at a salary of \$355. hance to work unhampered. And one filses in the morning clear-headed, able, bright, confident and eager for the

Mr. F. E. Smith writes: "Dear Doctor,-Your 'Cascade' ,made Per Cent, Efficient." If you prefer, write to Dr. Chas A. Tyrrell, 163 College St. Catharines with relatives.



Sale of Condemned Military Clothing. Tenders for the purchase of condemned military clothing will be received until broom of Monday, May 7th All tenders should be enclosed ing a sealed envelope, marked Toude Condemned Military Chathing ', an addressed to the Director of Contracts Militia Department, Ottawa. The clothing offered for sale is clas-Thed as follows:

Lot No. 1-Consisting of -Serge jackets, Marge trousers Greatcoats and cloaks.

street. Toronto, for same.

Cloth breeches. erge cars. Dot No. 2-Kniffed goods-consisting

Underwear bweaters. Socks. Knu. ted caps. Lot No. 3-Cotton-consisting of-Denim shirts.

Denim trousers, Top shirts, Towels. Let No 4-d.eather-Ankle boots-Repairable-consist ing of Boots condemned as unfit

for military wear. Lot No. 5-Leather, Scrap, consisting Ankle boots, Canvas Schoes, Acondemined as unserviceable.

Lot No. 6-Rubber-consisting of -

Overshoes, Scrap. Rubbers, Scrap. by prospective tenderers, in applica-Tion to the Sentor Ordnance Officers

at any of the following places; Montreu1 Vancouver, Kingston. Regina Wannipeg Caigary OBLAWA St. John e Victoria

Tenders for any two or more of the panied by a certified cheque for Springs, N.Y. \$1,000.00, payable to the Minister of Militia and defence; and tenders for tenderers when the contracts are awarded. The cheques of the successful and will be subject to forfeiture in

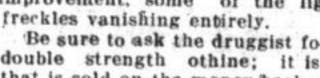
the contractor's default. The contract shall run until March 31st, 1918, subject however, to cancellation at any time if the contractor becomes insolvent or fails to comply with the terms of the contract. Tenderers should state clearly for what particular lot or lots of clothing. as classified above, they wish to tender; and also whether their tender for the accumulation at one or more of the above mentioned places, specifying

Prices for lots 1, 2, 3, 5 and 6 should be per pound; and for lot No. 4 should be per pair; delivery to be taken by the contractor, f.o.b. cars at the place Each teneder must guarantee that in the event of his tender being ac- Don't Hide Them With a Veil; Reeepted, all uniform clothing delivered to him will be so aftered as to be unrecognizable as uniforms

When a supply of clothing has ac cumulated, the Senior Ordnance Offi cer will motify the contractor of the weight or quantity and value thereof. and the latter shall immediately deposit the amount called for to the credit of the Receiver General and at the came time send a copy of the deposit receipts to the Senior Ordnance Officer with full rounting instructions. The Minister reserves the right reject any or all of the tenders. EUGFNE FISET.

Surgeon General. Deputy Minister, Militia and Defence Officawa, April 14th, 1917 Note-Newspapers will not be pal for the advertisement if they insert i without authority from the Depart-(H.Q. 54-21-15-36.)

We never know how happy





our special feed and get results in the egg basket and in thriving chicks. This feed is one of our specialties and those who use it are its lowing subscriptions: enthusiastic admirers. Try some and note the improvement in laying hens Mission Circle, Elizabeth M. Strong. and growing chicks.







Quality Pays in Paint

A. RAMSAY & SON COMPANY-Makers of Quality Paints

TORONTO

Gananoque

Fergus J. O'Connor, has offered his

Keep Tuesday, May 8th in Mind. The date for the Graduation Exerhas very kindly been offered for the

New Orange Hall (Ground Floor) Sunday evening 7 o'clock, R. Mc Murdo. Chicago, begins series o nightly meetings for one week in the above hall, Princess street, near Y.M.C.A. Subject Sunday evening, The Second Coming of Christ," Monday evening. "Signs of End of This Present Age." Mr. McMurdo is wel able to handle these subjects. Don't

being arranged

Run-Down Women

We. Have a Remedy That Will Cost You Nothing If It Does Not Help You.

Kingston women- will / pleas realize that we mean just what we say in the above heading. Letters like the following prove the effisiency of Vinol in such cases:

"For the benefit of the other tired women. I want to say that I keep The above may be seen and examined house for seven in my family. I bedid not seem to have any life in me 500,000 men the President be, and he and looked badly. I read so much is hereby authorized to call such adabout Vinol I decided to try it and ditional force by volunteers in the I must say it helped me in every way. It built me up so I felt like shall be apportioned among the vara new woman, and my friends said jous states and territories and the they could see a great change in me." District of Columbia, according to lots offered for sale should be accom- Mrs. John M. Waldron, Saratoga population, raised in regimental units

We recommend Vinol to our custhese than two lots for \$500.00. These tomers as the greatest strength cre- shall be recruited in local units as will be returned to the unsuccessful ator we know because it contains far as practicable and company offibeef and cod liver poptones, iron cers may be appointed from such units tenderers well be retained until the and manganese peptonates and gly- upon passing such reasonable and completion of the contract, as a guar- cerophosphates, all dissolved in a practical examinations as to fitness antee of the proper execucion thereof, pure medicinal wine. Mahood's as the President may direct. Drug Store, Kingston. Also at the best druggist in all Ontario towns.

> **CURES SKIN AFFECTIONS** One package proves it: Sold and

guaranteed by above Vinol druggist.

move Them With the Othine Pre-

moval of freckles was written by a so successful in removing freckles and giving a clear, beautiful complexion that it is sold by Mahood's Drug store under guarantee to refund the money if it fails.

Don't hide your, freckles under a veil; get an ounce of othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter

Be sure to ask the druggist for the double strength othine; it is this we that is sold on the money-back guar-

REPLENISH

professional capacity. As yet he has sorts"-not your usual self. Quite exnot peceived word as to acceptance. hausted at times and cannot devote the contract for street watering for this season at a salary of \$355.

Under the auspices of the Y.P.S. of Grace Church the Sunday school orchestra gave a very fine musicale last evening and drew a large attendance.

Triman Buker has been awarded the your work. Sleep does not rest you and you wake up feeling successful farmers, died on Friday are rich in blood, the sast as which are pleassuccessful farmers, died on Friday after a lingering illness. The deceased was born sixty years ago and lived all of his life on the island. He was a clark of his life on the island. He was a large attendance.

Successful farmers, died on Friday after a lingering illness. The deceased was born sixty years ago and lived all of his life on the island. He was a large for the first food and lacking in that vital energy which can only come from a well-fed body. For the benefit of those sufferes who have a large attendance.

> cleanse bad blood and strengthen the week-end. weak nerves.

New, rich, red blood-your greatcises in connection with the Training est need in spring-is plentifully School of Nurses of the Kingston created by Dr. Williams' Pink Pills, General Hospital, has been definitely and with this new, pure blood in fixed for Tuesday, 8th May. Grant your veins you quickly regain health Hall not being available this year, and increase your strength. Then Sydenham Street Methodist Church your skin becomes clear, your eyes bright, your nerves strong, and you feel better, eat better, sleep better, ville. occasion. A splendid programme is and are able to do your work.

o-day for the blood and nerves with ton Avenue. Dr. Williams' Pink Pills-the Pills

that strengthen. These Pills are sold by most deal- has returned to town, ers, but do not be persuaded to take cant' get the genuine Pills from your dealer they will be sent you by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine /Co., Brockville,

VOLUNTEER PLAN

Outline Favored by House Military Committee.

Washington, April 21.—The volunteer provision agreed to in principle by the House military committee is

That the President be, and he is hereby authorized to call for 500,000 volunteers under and in accordance with the act of Congress approved April 25th, 1914 (the army reorganization act).

That in the event it becomes nec 500,000 men the President be, and he same manner. Such volunteer army

or parts thereof: Provided that such volunteer forces

And provided further, that upon the completion of the enrollment as provided in this act and in the event the President decides that such additional force or forces cannot be effectually raised and maintained under the cal for volunteers as herein provided, the President be and he is hereby authorized to raise and organize the same by the selective draft as herein provided.

Mrs. Toye's Funeral.

The funeral of the late Mrs. R. H. Toye was held on Saturday afternoon from her late residence, 82 Gore street, to Cataragul cemetery. Rev J. D. Ellis officiated at the service. The pall-bearers wore: William Gill. Oliver Chown, William Linton, Dr. W. This prescription for the re- W. Sands, C. C. Folger and T. J. Rigney. The many floral tributes testiprominent physician and is usually fied to the high esteem in which the late Mrs. Toye was held by the com-

Contributions Received. G. E. Hague, treasurer Armenian

Relief Fund, acknowledges the fol-

\$10-Miss Betts, Bethel Church Epworth League. R. W. Palmer.

\$3-A. W. Palmer.

Harold, Mrs. J. Ashworth, Miss Hop-pin. G. Miller, W. J. Palmer. \$1—Rev. Mr. Roadhouse, Miss Gar-any drug store of toilet counter and diner, H. Miller, Mrs. G. Palmer.

Must Make Higher Marks. Toronto, April 21.-Law students must hereafter make higher marks at the examinations. This was decided at a meeting of the Benchers of the Law Society in Convocation yesterday, when it was resolved to bring the standard up to the same level as for the University of Toronto. The passed minimum was raised from 29 t 40 per cent, on paper, and from 55 to 60 per cent. on the aggregate.

Honor British Graves. Concord, Mass., April 21.—Graves of British soldiers who fell April 19th, 1775, in the first skirmash of the Revolutionary war, were decorated by school children. A wreath of laurel entwined with the French, British and American colors was placed upon each grave.

Sir George Foster will represent at Washington.



Jackson are spending a few weeks in spring ailments in men, women and St. Catharines with relatives.

Professor and and Lyla most powerful remedy 401 these and an and their family left this week to spring ailments in men, women and an and their family left this week to spring ailments in men, women and children is Dr. Williams' Pink Pills spend the summer in Highgate, Ont. for Pale People, because these Pills L. F. Goodwin is in Ottawa for acid irritation which inflames the deli-

been the guest of her sister, Mrs. magnesia from your druggist, eat Charles Livington, Teronto, has re- what you want at your next meal take Charles Livington, Teronto, has re-turned to St. Agnes College, Belle- some of the bisurated magnesia as dir-ected above, and see if I'm not right."

Mrs. Margaret Macdonald is the Begin your spring tonic treatment guest of Mrs. T. D. Minnes, Kensing-Miss Helen O'Connor, who has

been in Gananoque for some time Miss Gwenneth Merrick returned "something just the same." If you home on Wednesday after a delight ful visit wth her sister, Mrs. Carlos Kirkgaarde, Beloeil, Que.

> Mr. and Mrs. Alfred Hanley, Wellington street, announce the engagement of their only daughter May, to Dr. E. L. McCardel, Benalla, Australia, son of Mr and Mrs. J. P. Mc Cardel, Dundas, Ont.

> > Daughters of the Empire.

A grand patriotic entertainment will be given in the Opera House on 10th, 11th, 12th, of May under the auspices of the "Annandale" chapter and direction of Theodore Bird. Some of the attractions are "Jack's Wife" one of Mrs. Fiske's most pop ular plays. Specialty choruses and solos. Among those taking part are Professor and Mrs. Hicks, Mesdames Archer and Beecroft, Misses Alice Goodwin and Beth Small, Alderman Couper, Messrs., C. B. S. Harvey E. Pound, J. Saunders, Courtland from the drug store now and glad-Elliott, and one hundred others.

Meeting for Pittsburg Farmers. A meeting will be held at Joyce ville Hall on Monday evening at o'clock. Addresses on "Greater Production of Food Stuffs" by Robert corns, callouses and bunions. "Tiz" Meek and Ald, Neil Polson, jr.

A Government bill sponsored by the Minister of Finance will amend the bank act so as to facilitate the making of loans to farmers and live stock men on the security of cattle and other stock.

THICK, WAVY, FREE FROM DANDRUFF

Draw a Moist Cloth Through Hair and Double Its Beauty at

Save Your Hair! Dandruff Disappears and Hair Stops Coming

Immediate? - yes! Certain? - that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and ap-Floral tributes: Mr. and Mrs. W. pears as soft, lustrous and beauti-H. Lingham, Belleville; Mrs. L. C. ful as a young girl's after an appli-Lockett; Mrs. O. Chown; Employees cation of Danderine. Also try thisof R. H. Toye and Co.; Directors of moisten a cloth with a little Dan-Y.M.C.A.; Mrs. R. E. Sparks; Mrs. derine and carefully draw it through Tandy; Dr. and Mrs. Williamson; your hair, taking one small strand at Dr. and Mrs. Mylks; The Women's a time. This will cleanse the hair Aux'y of Y.M.C.A.; Mr. and Mrs. W. of dust, dirt, of excessive oil, and in Gill; C. C. Folger; Mrs. W. N. Lin- just a few moments you have doution; V. Bryant; R. J. D'Arcy; Mrs. bled the beauty of your hair. A de-C. Barnum; Mrs. Milo; Mrs. Derry; lightful surprise awaits those whose Mrs. J. W. Elliott; Mr. and Mrs. hair has been neglected or is scraggy, Robert Meek. The Ogilvie Milling faded, dry, brittle or thin. Besides Co., Montreal; Mr. and Mrs. D. R. beautifying the hair, Danderine dis-Gourlay, Toronto; Mr. and Mrs. A.J. solves every particle of dandruff; Freiman, Ottawa; Mother's Council cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few week's use. when you see new hair-fine and downy at first-yes-but really new hair growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to \$7-Princess St. Methodist Church vegetation. It goes right to the roots, invigorates and strengthens 35-W. D. Taylor, Miss Etta Smith, them. Its exhilirating, stimulating Miss L. J. Renton, Prof. H. T. Wal- and life-producing properties cause the hair to grow long, strong and

beautiful. \$2-Mrs. G. S. Fenwick, Mrs. H. You can surely have pretty. Robinson, Mrs. D. Hall, Miss J. charming lustrous hair, and lots of try it as directed.

Our store is being thoroughly renovated, supplied with choice groceries and delicacies and equipped with latest sanitary fixtures.

UNITED GROCERY STORE CO. 167 Princess St. Ben Lee, Mgr.

What Dyspeptics Should Eat

April 21.—Gananoque's mayor, Dr.
Fergus J. O'Connor, has offered his services for King and country in a professional capacity. As yet he has not peceived word as to acceptance:

Truman Buker has been awarded the contract for street watering for the contract for street w a new man of me at the age of 19. I ance.

Dear loctor—lour tracade made a new man of me at the age of 19. I ance.

I word was received here of the sudden death of Frank Hicks, former and a disordered stomach often inthan ever before. Since the use of the cap walk for hours without fatigue. Fainting apells have become a condition of the part can eat anything on the bill of fare and drink all beverages. Does not cause oppression. The does not cause oppression. The first B. L. Cascade the most efficient device for Internal Bathing. Is being shown and explained in detail by P. J. Hoag, Kingston. Ask for free booklet, "Why Man of Today is Only 59 Per Cent. Efficient." If you prefer, write Per Cent. Efficient. If you prefer, write Per Cent. Efficient." If you prefer, write Per Cent. Efficient. If you prefer, write Per Cent. Efficient Per Cent. Efficient Per Cent. Efficient Per Cent. Effi cate stomach lining, it does more than Dr. and Mrs. A. W. Richardson, or medicine. As a physician, I believe in the use of medicine whenever necessary, but I must admit that I cannot see the sense of dosing an inflamed Miss Dorothy Burton, who has ting rid of the acid—the cause of all the trouble. Get a little bisurated

Instant Relief for Aching, Puffed-Up Calloused Feet and



Why go limping around with aching, puffed-up_feet-feet so tired. chafed, sore and swollen you, can hardly get your shoes on or off? Why don't you get a 25-cent box of "Tiz" den your tortured feet?

"Tiz" makes your feet glow with comfort; takes down swellings and draws the soreness and misery right out of feet that chafe, smart and burn. "Tiz" instantly stops pain in is glorious for tired, aching, sore feet. No more shoe tightness-no more foot torture.

At Niagara Falls, a combined committee of the City Council, Board of Trade and Horticultural Society will commence work in a day or two on the municipal potato patch.

A Word to the Wise

Buy your children's wash dresses and wash suits now.

Wash Dress from Wash Suits from . . Hat Shapes from : Blouses from 50c and 98c up. Colored Underskirts Collars 15c and 25c up. Raincoats from ... Umbrellas from Corsets from

MENDELS



R. J. Roager,

132 Princess Street,

begs to announce his appointment as Kingston agent for

Aeolian-Vocalion

The only phonograph with the "GRADUOLA" "To subtly vary-if you wish-the tone shading of each record." Art catalogues or demonstration for the asking.



Prices: \$50, \$68, \$110, \$140, \$205, \$265, 235. ART STYLES UP TO \$2,000

