

Internal Bathing's Rapid Growth

It is but natural to expect that a relief from constipation and the many ills which it causes which is so effectual and so natural as Internal Bathing, should quickly make many converts.

Gananoque

(From Our Own Correspondent) April 21.—Gananoque's mayor, Dr. Ferdiand J. O'Connor, has offered his services for King and country in a professional capacity.

REPLENISH YOUR BLOOD IN THE SPRING

Just now you are feeling "out of sorts"—not your usual self. Quite exhausted at times, you note a shortage of energy to your work.

OBITUARY

The Late N. Mosier. Nicholas Mosier, one of Wolfe Island's most highly respected and successful farmers, died on Friday after a lingering illness.

LATE SOCIAL NOTES

Mrs. Miller and Miss Diana Miller, Napanee, were in town for "The Flame" on Thursday evening.



Sale of Condemned Military Clothing.

Tenders for the purchase of condemned military clothing will be received until noon of Monday, May 7th, 1917.

Keep Tuesday, May 8th in Mind.

The date for the Graduation Exercises in connection with the Training School of Nurses of the Kingston General Hospital, has been definitely fixed for Tuesday, 8th May.

New Orange Hall (Ground Floor)

Sunday evening 7 o'clock, R. McMurdo, (Chicago), begins series of 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."

Run-Down Women

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

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

VOLUNTEER PLAN

Outline Favored by House Military Committee.

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

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 "Auldandale" chapter and direction of Theodore Bird.

Meeting for Pittsburg Farmers.

A meeting will be held at Joyceville Hall on Monday evening at 8 o'clock. Address on "Greater Production of Food Stuffs" by Robert Meek and Ald. Nell Polson, Jr.

BEAUTIFUL HAIR, THICK, WAVY, FREE FROM DANDRUFF

Draw a Moist Cloth Through Hair and Double Its Beauty at Once.

Save Your Hair! Dandruff Disappears and Hair Stops Coming Out.

Immediate?—yes! Certain?—that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and beautiful as a young girl's after an application of Danderine.

Contributions Received. G. E. Hague, treasurer Armenian Relief Fund, acknowledges the following subscriptions:

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

What Dyspeptics Should Eat

A PHYSICIAN'S ADVICE. Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity.

"TIZ" EASES TIRED, SORE, SWOLLEN FEET

Instant Relief for Aching, Puffed-Up, Calloused Feet and Corns.



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" from the drug store now and glad- den your tortured feet?

A Word to the Wise

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

- Wash Dress from 30c up. Wash Suits from 69c up. Hat Shapes from 98c. Blouses from 50c and 98c up. Colored Underskirts 98c up. Collars 15c and 25c up. Raincoats from \$3.98 up. Umbrellas from 98c. Corsets from 75c.

MENDELS

213 PRINCESS ST. 217 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.

R. J. Rodger, 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.

Saxol Salve CURES SKIN AFFECTIONS. One package proves it. Sold and guaranteed by above Vinol druggist. FRECKLES. Don't Hide Them With a Veil; Remove Them With the Othine Prescription.

GIVE YOUR POULTRY 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 enthusiastic admirers.

RAMSAY'S THE RIGHT PAINT TO PAINT RIGHT. ESTABLISHED 1862. And now for a grand clean-up. Ramsay's Paint the smartest, brightest and most economical helper you ever employed.

McBROOM 42-44 Princess St. Phone 1086.

Honor British Graves. Concord, Mass., April 21.—Graves of British soldiers who fell April 19th, 1775, in the first skirmish of the Revolutionary war, were decorated by school children.