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. We give her no chance if we permit the Lower Intestine to be more or less clogged with accumulated waste. Yet that is a universal condition today as is proven by the number of laxative drugs that are consumed. You can help Nature in Nature's most

effectual way by Internal Bathing, and in an easy, non-habit-forming way keep the Intestine as sweet and clean as Nature demands it to be for perfect health and surer defence against donbright, healthy people testify to its re-

of testifying to the merits of the J. B. improved that I have a renewed lease of life. You are at liberty to give my address to anyone privately who may the United States Government in its place in Uncle Sam's new war speeches to the effect that so long

most efficient device for Internal Bath-

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slighter need of feeling ashamed freckles, as the prescription othinedouble strength-is guaranteed to remove these homely spots.

Simply get an ounce of othinedouble strength - from Mahood's Drug Store and apply a little of it soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful, clear

Be sure to ask for the double strength othine as this is sold under guarantee of money back if it fails to remove freckles.

S. S. Jackson, killed in action. was born at Harrowsmith on Nov. 23rd, 1876. He was a son of Mrs.

can join this regiment for

France.

Ottawa Glimpses

the track of the Borden Government. | left the question.

time of it ever since it bloomed tim- are asking. idly a month ago. To begin with it Another matter for comment is education. Although this is an inwas one of those war babies which the expense bill of the Davidson Com- creasingly important matter and very the government was half ashamed to mission, which is duly set out in the complete and expensive reports have father without explaining to the mil- Auditor-General's report. It was in- been filed on the subject, Mr. Crothadopted. It was not of the regular body travelled and spent royally, to put more than \$1,000 in his estariff family. For the benefit of the Even the messengers fared sumpt- timate for this purpose. Mr. Lem-Opposition the Northwest farmer and uously every day, riding in parlor leux pressed the matter with his the public at large, Sir Thomas cars and eating three dollar dinners usual insistency with the result that White and Mr. Arthur Meighen ar- with that freedom of mind which several members of the Conservative gued that an order-in-council was as arises from the reflection that the party had a sudden change of heart. good a guarantee for permanency as people of Canada pay for it all. The One after the other they got up and, a clause in the Tariff Act; at the same tips alone amounted to \$170. The figuratively speaking, put the boots

it was an emergency measure. tellect is particularly keen at splitting hairs, made a speech in which he proved that he loved free wheat and that then again he loved it not. He loved it as an election dodge, but as a breach in the tariff wall he loved it not. In short he stood between love and duty-and the duty, though unpleasant, carried the day. The

in the 14th Kegiment

The war is very far from over and the men of military age are

badly needed. Who can say what the Hun or the Hyphen will yet

Tuesday, May 29th

is the date fixed for the opening of Barriefield camp. Why not en-

joy yourself this summer under canvas and have the benefits of

physical training, military training, rifle practice, health, pleasure,

and the sense of duty performed for your King and Country. You

Service at Home or Overseas

distinct from the companies for home defence. The object is to

secure reinforcements for the famous 21st Battalion, composed

and officered largely by Kingston men, who now need help in

Men of Kingston and Vicinity

their ranks filled up, or are we going to forget them and leave them to Fate. What if the Germans win? Think about it seriously.

FOR INFORMATION APPLY AT THE 14TH REGIMENT OR-

DERLY ROOM. OPEN ALL DAY AND EVERY EVEN-

ING AT THE ARMOURIES.

Are we going to encourage our boys at the front by keeping

An Overseas company has just been authorized, which will be

For Service Either At Home or Overseas.

Ottawa, May 19 .- Nemesis is on | in that delightful state of dublety, he It postponed the blessing of free Until further information is avail-

then Fate has got good and even benefits will be perceptibly diminish- in the House. with an equivocating administration. ed by the fifteen per cent, increase

\$100 Reward, \$100

pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Catarrh being greatly influenced by constitutional conditions Hall's Catarrh Cure is taken internally duty, of course, was to take off the Mucous Surfaces of the System there-Rachel Jackson (now of Watertown, duty which was done accordingly. by destroying the foundation of the dis-N.Y.) and the late Harvey Jackson. Being the neatest little prover and building up the constitution and assist-He was with the 209th Battalion and special pleader in Parliament, Mr. ing nature in doing its work. The was killed soon after his arrival at Meighen proved that free wheat was proprietors have so much faith in the net profit of \$500,000. Thus Canada the front. He is survived by a mother, seven brothers and four sisters.

Returned soldiers in Belleville and good at all. In fact he proved so much that he proved nothing and, ledo, Ohio. Sold by all Druggists, 75c.

tigator, travelled for nothing and got a living allowance of ten dollars a day so that his patriotism would not hurt too much. Mr. O'Connor. K.C., who was hired to do some real work for the commission was paid five dollars a day, which goes to show that the patriotism of a Conservative ex-premier's son is twice as valuable as the hard work of an ordinary lawyer who has no special political pull.

Another little straw which gives an insight into the Government's wheat until a general election was able on the subject it looks as if professed anxiety to ease the food in sight and now it looks as if the free wheat was like the famous Fin- problem was the defeat of Mr. Emblessing had taken its flight. It negan, whose unhappy condition was manuel Devlin's motion to divert the seems that a time comes when the to be off-again-on-again-gone-again grains now consumed in the manu-I am pleased to have this opportunity sinner cannot return, when the light Finnegan to the end of the chapter. facture of whiskey and beer to the which has held out to burn for six Free wheat is said to come under a food needs of the people. In reply for a year with satisfactory results. I years fails for lack of oil and is ex- special schedule which is not includ- to this Sir George Foster, that dised in the United States free list, but tinguished temperance advocate, To desert metaphor, the action of there is enough uncertainty about made one of his most beautiful placing a minimum tariff of ten per scheme of things to warrant consid- as the war lasted the distilleries cent, on all articles now on the free erable anxiety as to its ultimate would have to remain open to make Just call on F. J. Hoag and request cent, on all articles now on the tree erable anxiety as to its ultimate would have to remain open to make free booklet, "Why Man of Today list leaves free wheat, to say the treatment. Meanwhile it has no paralcohol dilecterious to the Hun in least of it, in a very precarious con- ticular friends in the Government, the shape of picric acid, or someing. The "J. B. L. Cascade" will also dition. Do we take ten cents a most of whom had openly expressed thing like that, which enters into be shown and explained to you if you bushel off American wheat in order a wish that the Republicans would the manufacture of shells. When Sir to have Uncle Sam put thirty cents get in and remove the free wheat George had finished his defence of a bushel on Canadian wheat? That temptation from the Canadian far- alcohol as something to shoot at the is the question. If such is the case, mer. Even if free wheat sticks its Germans there was not a "dry" eye

Another outstanding incident was Free wheat has been having a hard in freight rates which the railways the frost Mr. Crothers got from his colleagues on the subject of technical lers that it was only temporarily deed a Royal Commission. Every- ers did not take it seriously enough time winking the other eye to the commission cost \$16,000 for one to Mr. Crothers' constitutional inmilling interests, who were told that year and is jogging along yet. Cap- difference to the demands of labor. tain Thompson, who patriotically Sir George Foster, whose role now Mr. Meighen, whose knife-edge in- gave his services free as an inves- is that of alruist, promised that the matter would be attended to. From this it apears that some day-not just now-after the election, perhaps—the Government may do something for technical education,

The Public Accounts Committee has had an interesting time tracing the present whereabouts of an icebreaker which the Canadian Vickers were building for the Canadian Govwere allowed to sell it to the Russian Government instead, thus clearing a too. Needless to say, the extra profit accrued to the Canadian Vickers, not to the Canadian people.

Talking of ships recalls the fact that for the last couple of weeks Ottawa was thronged with Canadian contractors who were anxious to put up forfeits and go into shipbuilding for the Government, on the Pacific Coast. This new industry comes under the jurisdiction of the Munttions Board, which has handed the contract over to the Foundation

Company of New York. An item in the public accounts which is arousing some comment is \$4,000 for printing a Round Table pamphlet which has been circulated as gospel to the faithful. The Round Table is a group of English Imperialists who aim to bind the Empire together by asking Canada to pay fifty millions a year to England as her part of the Imperial burden. Lionel Courtice is its prophet. What a Round Table pamphlet has to do with our politics is hard to tell. At all events \$4,000 is a stiff price to pay for one little pamphlet.

PENSIONS MUST BE INCREASED.

-H. F. GADSBY.

There is a very strong opinion among Canadian soldiers that pensions should be equalized. Certain it is there should be a general revision upwards for the benefit of the rank and file. The maximum disabiliy pension for the rank and file in Great Britain is 42s. 6d. per week, acutally higher than the \$40 per month allowed in Canada.

Obviously no totally disabled soldier in Canada can support himself on \$40 per month, let alone provide for even the smallest family. The un-married Canadian soldier, totally dis-abled, is virtually condemned to spend a life of loneliness and penury on account of the heavy sacrifices he has made. And many very severely disabled Canadian soldiers are not even allowed the miserly \$40 per

One hundred dollars per month gant allowance for the Canadian men who have been completely incapacitated from ever earning a livelihood. it is hard enough for any bread winner of a family to keep a home toether in Canada on that amount at the present time. For the men who have been handicapped, and handi-capped because of the service they have given in defence of this land, it is a national evasion of responsibility to offer them less.

Death of Mrs. Edward Moore. Maple Lawn, May 17,-The news of the death on Thursday, May 10th. of an old and much respected resident in the person of Sarah Jane McKane, wife of the late Edward Moore, came as a shock to her many ealth until a week previous to her eath. Deceased was born in Inverary seventy-three years ago, and moved to Pittsburg shortly after-wards, where she lived until she was marred, and since then resided in the Township of Kingston. three years ago. She was an Anglican in religion, was of a cheerful dispo-tion and of sterling worth. The are left one daughter, Mrs. Jan Hogan, Maple Lawn, and one sor Edward, on the homestead, to mourn the loss of a kind and loving moth-

Young men who go courting should bear in mind that the pret-tiest flowers are not necessarily the

MONUMENTS

marble and granite. Special attention given to cemetery lettering.

FALLON BROS., 139 Clergy St. Phone 637.

Mathieu's Syrup of Tar & Syrup of Tar GOD LIVER OR Cod Liver Oil STOPS COUCHS

Sold in generous size bottles by all dealers. THE J. L. MATHIEU CO., Props., SHERBROOKE, P.Q. Makers also of Mathieu's Nervine Powders the best remedy for Headaches, Neuralgia, and feverish colds.

SOMETHING OUT OF THE ORDINARY

A lb. tin of Forest City Baking Powder, which is the best made for 25c. At the Unique Grocery.

C. H. Pickering, Prop.

FOR SALE 183 Acres, \$6200 Four miles from city. Good buildings; well watered.

W. H. Godwin & Son 9 Brock Street Phone 42

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Has Nothing to Hide

Now that the Government has absolutely prohibited the use of any artificial coloring matter in sugar,

We tell you again that we have

NEVER USED BEETS NEVER USED ULTRAMARINE BLUE NEVER USED ANILINE DYES NEVER USED VEGETABLE DYES

in refining any of our sugars.

The Lantic Pure Cane Sugar you buy today is exactly the same high quality as what you bought when our refinery started two years ago. This means every pound in the hands of your grocer is pure and uncolored.

So why take chances? Why not insist on having Lantic—the sugars that have always been pure—and cost no more than any other?

You should exercise the same care and discrimination in buying sugar, as in choosing any other

The way to guard against inferior quality is to demand Lantic Pure Cane Sugar, which is guaranteed pure and wholesome.

Lantic Sugar has nothing to hide. It comes from

the most modern refinery in the world. So great is the demand for Lantic Sugar that we are now refining three quarters of a million pov This shows what the people of Canada and par-ticularly those who want pure food—think of this absolutely pure food product.

Look for the RED BALL TRADE-MARK on every Carton and Sack The Lantic Standard is now the Canadian Standard

MONTREAL

Atlantic Sugar Refineries, Limited

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Simple, harmonious color schemes in plain, restful tints, give an added charm to the home. "NEU-TONE" is the modern wall finish. It is cheaper and better than wall paper-and doubly pleasing because of its quiet

"NEU-TONE" is waterproof, sanitary and durable It cannot scale, fade or rub off-and may be with soap and water.

When you get new furniture and want to cha "NEU-TONE" decorations of any room, sim a fresh shade of "NEU-TONE" over the one of

"NEU-TONE" saves the scraping an usually accompanies decorating. "NEUequally good for every room in the ho plastered wall ceiling, burlap, wood or

> Ask for a copy of "Harmony in Neu-Tone", "Town and Homes" also "Floors, Spio and Span". All are fr

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