

Bathe Internally And Keep Well!

Nature has insightfully equipped us all... We give her no chance of our permitting the Lower Intestine to be more or less clogged with accumulated wastes...

FRECKLES

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

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment... Simply get an ounce of ointment...

Be sure to ask for the double strength ointment 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. Rachel Jackson (now of Watertown, N.Y.) and the late Harvey Jackson.

Ottawa Glimpses

BY H. F. GADSBY

Ottawa, May 19.—Nemesis is on the track of the Borden Government. It postponed the blessing of free wheat until a general election was in sight and now it looks as if the blessing had taken its flight.

To desert metaphor, the action of the United States Government in placing a minimum tariff of ten per cent on all articles now on the free list leaves free wheat, to say the least of it, in a very precarious condition.

Free wheat has been having a hard time of it ever since it bloomed timidly a month ago. To begin with it was one of those war babies which the government was half ashamed to father without explaining to the millers that it was only temporarily adopted.

Mr. Meighen, whose knife-edge intellect 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 that delightful state of dubiety, he left the question. Until further information is available on the subject it looks as if free wheat was like the famous Finnegan, whose unhappy condition was to be off-again-on-again-gone-again.

Free wheat is said to come under a special schedule which is not included in the United States free list, but there is enough uncertainty about its place in Uncle Sam's new war scheme of things to warrant considerable anxiety as to its ultimate treatment.

Another matter for comment is the expense bill of the Davidson Commission, which is duly set out in the Auditor-General's report. It was indeed a Royal Commission. Everybody travelled and spent royally. Even the messengers fared sumptuously every day, riding in parlor cars and eating three dollar dinners.

The readers of this paper will be 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 requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, etc.

igitor, travelled for nothing and got a living allowance of ten dollars a day so that his patriotism would not hurt too much.

Another little straw which gives an insight into the Government's professed anxiety to ease the food problem was the defeat of Mr. Emmanuel Devlin's motion to divert the grains now consumed in the manufacture of whiskey and beer to the food needs of the people.

Another outstanding incident was the frost Mr. Crothers got from his colleagues on the subject of technical education. Although this is an increasingly important matter and very complete and expensive reports have been filed on the subject, Mr. Crothers did not take it seriously enough to put more than \$1,000 in his estimate for this purpose.

The Public Accounts Committee has had an interesting time tracing the present whereabouts of an ice-breaker which the Canadian Vickers were building for the Canadian Government. The Canadian Vickers were allowed to sell it to the Russian Government instead, thus clearing a net profit of \$500,000.

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 Munitions Board, which has handed the contract over to the Foundation Company of New York.

PENSIONS MUST BE INCREASED. Ottawa Citizen. (Con.) is a very strong opinion among Canadian soldiers that pensions should be equalized.

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 friends.

Young men who go courting should bear in mind that the prettiest flowers are not necessarily the most fragrant. It is no use to hurry if you are going in the wrong direction.

MONUMENTS

We have opened a branch of our monument business with a large stock of marble and granite. Special attention given to cemetery lettering.

FALLON BROS., 139 Clergy St. Phone 637.

Mathieu's SYRUP OF TAR & COD LIVER OIL STOPS COUGHS. Sold in generous size bottles by all dealers. THE J. L. MATHIEU CO., Props., SHERBOOKE, P.Q.

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. 490 and 492 Princess St., Phone 530

FOR SALE 183 Acres, \$6200 Four miles from city. Good buildings; well watered. W. H. Godwin & Son 89 Brock Street Phone 484

Lantic Sugar

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

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

MONTREAL QUE. Atlantic Sugar Refineries, Limited ST. JOHN N.B.

ENLIST

In the 14th Regiment

For Service Either At Home or Overseas.

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 do?

Tuesday, May 29th

is the date fixed for the opening of Barriefield camp. Why not enjoy 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 can join this regiment for

Service at Home or Overseas

An Overseas company has just been authorized, which will be 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 France.

Men of Kingston and Vicinity

Are we going to encourage our boys at the front by keeping 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 ORDERLY ROOM. OPEN ALL DAY AND EVERY EVENING AT THE ARMOURIES.



"NEU-TONE"

An Oil Paint For Flat Interior Decoration

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 effects.

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

When you get new furniture and want to change "NEU-TONE" decorations of any room, simply apply a fresh shade of "NEU-TONE" over the one already on the wall.

"NEU-TONE" saves the scraping and usually accompanies decorating. "NEU-TONE" is equally good for every room in the house—plastered wall ceiling, burlap, wood or metal.

Ask for a copy of "Harmony in Neu-Tone", "Town and Homes" also "Floors, Spis and Spas". All are free.

SIMMONS BROS.

—JOHN BUCKLEY