

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism, others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."

How often do we hear the expressions among women, "I am so nervous, I can't sleep," or "It seems as though I should fly." Such women should profit by Mrs. Sultze's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

News From Eastern Ontario

NEWS FROM THE DISTRICT

CLIPPED FROM THE WHIG'S MANY BRIGHT EXCHANGES.

To Brief Form the Events in The Country About Kingston Are Told—Full of Interest to Many.

The town council of Smith's Falls has purchased a hardwood bush and is selling 14 inch wood (maple and beech) to the townspeople at \$2.75 a cord.

The death took place at Lindsay on Jan. 29th of C. A. Hooper, youngest son of the late Edmund Hooper, M.P., of Lennox, aged 65 years 7 months. The funeral will take place at Napanee on Friday.

A bonus has been granted to the members of the Belleville police force. Each man, from chief to constable, getting \$100 per year extra. This bonus is to be effective until the end of the war and for one year subsequent to the declaration of peace.

Mr. and Mrs. Henry Leyer, Carleton Place, received word of the death of their daughter, Mrs. Colter, at Crystal City, Man., on Jan. 21st, aged thirty-eight years. Her death followed shortly after an operation for intestinal stricture.

On Tuesday, January 22nd, the funeral of the late Margaret Doyle, which was largely attended, was held from the residence of her brother, James C. Doyle, of Camden East. Rev. Father McCarthy officiated. The remains were placed in the vault.

On Friday in St. Francis General Hospital, Smith's Falls, Miss Gertrude McCaffrey passed away, after an illness of some months, from anaemia. She had been in the hospital only ten days. The deceased, thirty-eight years of age, was a resident of Drummond township.

A surprise party drove from Leeds to the home of Mr. and Mrs. Thomas Glover, Jones' Falls, on Saturday, Jan. 19th. They were heartily welcomed and spent a very pleasant and enjoyable evening. After partaking of luncheon, which consisted of oysters and other light refreshments, the remainder of the evening was spent in singing patriotic songs and sacred music.

Mallorytown Methodist Anniversary. Mallorytown, Jan. 30.—The anniversary services in the Methodist dist church on Sunday last were largely attended. Rev. Mr. Wilkinson, of Prescott, delivered very impressive addresses at both the morning and evening services, while Rev. W. G. Bradford took charge of his work in Prescott. The lectures on Monday evening were postponed, owing to the storm.

The young people of the village and vicinity were pleasantly entertained at the home of Blake Hays one evening recently. Mrs. McAvoy, Brockville, called on friends in the village on Monday. Mrs. H. S. Dunham spent a day last week in Mrs. J. Speace, Charleston, visited her sister, Mrs. Cliff Gibson, on Sunday. Miss Agnes Price, Junestown, spent the week-end with her sister, Miss Evalena Price.

The annual financial meeting of the Union cheese factory was held in the village hall on Friday evening. Roy Ruttle is home from the west. Vincent McDonald and Miss Ethel Weston were quietly married in Brockville on January 17th. Gerald Miller, Brockville, spent Sunday with his mother, Mrs. Ira Miller.

GANOANOQUE

(From Our Own Correspondent)

Feb. 1.—An alarm of fire was rung in about 10.45 o'clock, yesterday morning, and the brigade was promptly at the scene of the blaze, which was in the residence of Mr. and Mrs. Thomas Nelson, corner Brock and Charles street. The building is owned by Mr. and Mrs. William Pratt. The fire started in the stairs and had considerable headway before the alarm was given. The firemen soon got it under control. The loss will run up to several hundred dollars. The building was insured.

The Women's Auxiliary of Christ church held a successful afternoon tea at the home of Dr. and Mrs. C. H. Baird, Pine street, yesterday.

Dr. C. H. Baird has been re-appointed as vice trustee for a period of three years by the counties council.

Sterling Reid, son of Mr. and Mrs. William Reid, Stone street, is undergoing treatment at the Hotel Dieu, Kingston, and at last reports was progressing quite favorably.

Edwin Higgins, son of Mr. and Mrs. Higgins, John street, is confined to his home by illness.

Mr. and Mrs. Charles A. Watt, who have been spending the past week in Montreal, has returned home.

Miss Lillian Davidson, Brock street, is the guest of Mrs. George McKenna, Kingston.

VERONA NEWS BUDGET.

Miss Grace Walroth Goes to Halleybury Post Office.

Verona, Jan. 29.—James Craig, Kingston, visited his mother, Mrs. Robert Craig, here last week. The guests of Mrs. Conolly, Kingston, has been visiting at E. A. Tallen's. The Misses Jewel, Tupah, and Helen Foster, Chippewa, were over-Sunday guests of Mrs. Harry Todd. Elmer Smith will soon be leaving to occupy his farm at Holdford.

A private quadrille party was given at the home of Mr. and Mrs. D. Walker last night. Percy and Asselatin's orchestra applied the musical numbers, while McCumber and Watson acted as prompters. The affair was much enjoyed. Samuel Laveck, Alberta, is here on a visit to friends.

Miss Grace Walroth, employed as postmistress here for some time, has obtained a splendid position in Halleybury post office. She left last week, accompanied by her sister, Mrs. A. Talley. Mr. A. Talley, who has been in the village for some time, left yesterday for Carleton Place, to attend the funeral of his sister, Mrs. William Jeffery. Mrs. Hugh Deline, Kingston, and little daughter, Doris, are at W. D. Percy's. Dr. T. A. Robertson, Kingston, made a professional call here yesterday. E. C. Heffron, Kingston, is visiting at Joseph Perry's.

Mrs. Abram Snider continues very slow. No hopes are held out for recovery. Frank Davey and family have moved to his farm on the Point. Mrs. A. F. Ball has returned from Lansdowne, where she was visiting her mother, who was quite ill. Mrs. John Smith has been on the sick list. Mrs. Walroth, who was injured by falling downstairs, is improving slowly. Mrs. Earl Bertram, Parham, formerly Evelyn Grant, visited Mrs. (Dr.) Genge last week. Elisha Martin, of

LIVER COMPLAINT, BILIOUSNESS

And Sick Headaches Go Hand-in-Hand and Are Cured When the Action of the Liver is Awakened.

Ganoanoque, Ont., Feb. 1.—"Biliousness" is the one word used by most people to describe their trouble when the liver gets out of order, leaves bile in the blood, upsets the digestive system and brings on sick headaches and irritable bowels.

The trouble begins with the liver becoming torpid and sluggish in action, and disappears when the liver is set right. Dr. Chase's Kidney-Liver Pills cure biliousness promptly because of their direct action on the liver. They thoroughly remove all the symptoms because of their combined action on kidneys, liver and bowels.

Rev. George Alton, Ganoanoque, Ont., writes: "I had been suffering from bilious attacks for four years. I was very weak, had headaches, and my stomach was so bad that I could hardly eat anything without being troubled by it. I had tried many cures, herbs, pills and salts and was under the doctor's care for some time, but instead of getting better, I seemed to get weaker. I was unable to fulfill my appointments on Sabbath and had to secure help to use to take dizzy spells and could not walk across the floor straight. I had almost given up all hope, and my wife said that if I did not get better we would have to quit the work of the ministry. However, in looking over the British Whig, I saw Dr. Chase's advertisement in it, and read how Dr. Chase's Kidney-Liver Pills had helped others who were troubled as I was. I resolved to give these pills a trial, and I must say that in a short time I obtained relief. I continued taking them for some time, and now I am able to resume my work again. From the benefit I have obtained from these pills I would recommend them to all who suffer as I did."

Endorsed by Rev. C. Cunningham, 124 First Avenue, Toronto: "This is to certify that I am personally acquainted with George Alton of Ganoanoque, and believe his statement with reference to Dr. Chase's Kidney-Liver Pills to be true and correct."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 45 cents a box, for sale at all dealers, or Edmondson, Bates & Co., Limited, Toronto. Do not be misled by cheap imitations.

Buy a Book. After seeing the play, Bringing Up Father, you will want to secure a copy of the book. Ninety-eight pages of clean humor for only 25c. Send these in your overseas boxes. The College Book Store.

Paris Air Raid Casualties. Paris, Feb. 1.—Revised figures on the casualties resulting from the German air raid Wednesday night show that 114 were injured in Paris and 76 in the suburbs. The number of deaths remains at twenty.

To-night the Designer at special 50c rate. 75c includes Spring Standard Quarterly and one 15c coupon. The College Book Store.

Alfred Charles de Rothschild, of the banking family of that name,

NINE BOILS Kept Coming on Neck One After the Other

Anyone who has ever suffered from boils, knows how sick and miserable they make you feel.

When you think you are about cured of one, another seems ready to take its place and prolong your wretchedness. All the poulticing and lancing you may do will not cure them and stop more coming.

Boils are simply bad blood bursting out, and the bad blood must be made pure before the boils disappear.

Burdock Blood Bitters is the greatest blood purifier known. It cleanses the system and removes every particle of foul material from the blood, then never another boil comes and the cure is permanent.

Mr. Geo. Ayers, 302 Gloucester St., Ottawa, Ont., writes: "I wish to tell you what I know about your wonderful Burdock Blood Bitters. In the spring I suppose my system needed a cleaning out, for I had nine boils come on my neck one after the other. I quickly got a bottle of B.B.B., and before it was half finished I felt a great change, and it certainly put an end to my boils, otherwise I might have had a lot more. I recommend B.B.B. to all who suffer, I know it to be a great remedy."

The Martin House, has been quite ill of late.

CANADIANS TO RECEIVE SERVICE CHEVRONS

Generals Turner and Currie Work on Scheme to Provide Recognition.

London, Feb. 1.—It is understood that Generals Turner and Currie have been in consultation over the vexed question of service chevrons for Canadians.

The imperial authorities are giving a red chevron for service in a theatre of war in 1914 and a blue chevron for each subsequent year. They have intimated that it will be in order for overseas soldiers, who left the Dominions in 1914 to receive the red chevron, although they may have merely done duty in England.

The Canadian authorities, it is understood, consider that it would not be fair to place the Canadians who have served in France on an equality with those who have merely served in England, and they will propose to the War Office that chevrons with a star be granted to Canadians serving in a theatre of the war and a plain chevron to those merely serving in England.

STOCK MARKETS

New York Stocks. Open—2.45 p.m.

Table with columns: Stock Name, Open, High, Low, Close. Includes Alcatraz, B. & O., C. P. R., N. Y. C., Reading, Southern Pac., So. Ry., Union Pac., Marine, Marine pd., Gen. Motors, Studebaker, Am. Locom., Am. Smelters, Baldwin Loco., Anaconda, Beth. Steel, Inler. Nickel, Insupir. Copper, Rep. Steel, U. S. Steel, Midvale, Atlantic Gulf, Mex. Gulf, Utah Copper.

Canadian Stocks. Brazilian, Can. Cement, Can. Steamship, Can. Locom., Can. Smelters, Dom. Steel, Steel of Canada, War Loan, 1917.

SITUATION UNCHANGED.

The Berlin Police Seize a Trade Union Building. (Canadian Press Dispatch.) London, Feb. 1.—The latest telegrams received from Copenhagen from Berlin report the situation is unchanged. The strike has not been extended, the Berliner Tageblatt reports. Police seized a trade union building in Berlin and arrested Deputy Koerger and other leaders.

Loan Corporation Designs. (Canadian Press Dispatch.) Toronto, Feb. 1.—After twenty-eight years in business, the Dominion Permanent Loan Corporation, a large local banking concern, closed its doors to-day, following a directors' meeting yesterday. The concern has assigned to G. T. Clarkson and a winding-up application has been made to the courts. The authorized capital is \$10,000,000. Frank McPhillips is president.

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WAS MOST SATISFACTORY

DEPUTATION INTERVIEWED HON. FRANK CARVELL.

Department of Public Works Will Remove Bridge and Sell Material to the City at Practically the Latter's Price.

The civic deputation which went to Ottawa to interview Hon. Frank Carvell, Minister of Public Works, regarding securing the material in the old bridge to be used as a public wharf for the city, is well pleased with the result of its visit to the capital.

The deputation met Hon. Mr. Carvell in the forenoon on Thursday, being introduced by W. F. Nickle, M.P. The deputation was composed of Mayor Hughes, Ald. N. E. O'Connor, chairman of the Board of Works; Ald. George Wright and City Engineer McClelland. Mayor Hughes presented the city's case to the minister, and the latter afterwards made a statement to the deputation.

Hon. Mr. Carvell stated that all tenders for the removal of the bridge were rejected. The department will remove it and will sell the material to the City of Kingston at practically the figure quoted by the city.

Mr. Carvell asked the deputation to submit the by-law, the plans and that if the by-law is passed go to Ottawa again and close an agreement for the material.

This means that the city has been given just practically what it desired, and now the way has been paved to proceed with the undertaking. Ald. O'Connor, Ald. Wright and the city engineer returned home on Thursday night from Ottawa, but Mayor Hughes remained over on other business.

CITY HALL TRIBUNAL

Some Applications Were Dealt With on Thursday.

Tribunal No. 144 sat in the City Council chamber on Thursday afternoon and disposed of the following cases:

Edward McLaughlin, R.R. No. 2, Kingston, category C. 3.

John I. Thompson, Joyceville, category E.

Joseph James Woods, Joyceville, category E.

William Earl Veley, Westbrook, category C. 2.

CLOSE THREE CHURCHES.

Dean Starr Suggests That St. George's Take Anglican Services.

Dean G. L. Starr is making overtures to Canon W. F. Fitzgerald, of St. Paul's; Rev. J. deP. Wright, of St. Luke's, and Rev. T. W. Seavary, of St. James', to ascertain their feeling towards the suggestion that all of the Anglican churches in the city, with the exception of St. George's Cathedral, be closed to help relieve the coal situation.

City Hockey League.

A meeting of the City Hockey League was held on Thursday evening. The Irishmen will practise with the Kingston Juniors after the game to-night. The dates for the league to-night are determined until the O.H.A. games are nearer completion. The junior games will be as follows:

K.C.I. vs. Y.I.C.B.A. Regopolis vs. K.C.I. Y.I.C.B.A. vs. K.C.I. K.C.I. vs. Regopolis. Regopolis vs. Y.I.C.B.A.

Saturday Shopping List.

The Designer at 50c for the year or with Standard Spring Quarterly, containing coupon good for 15c in any standard pattern.

Bringing Up Father. The Manus book of 98 pages of clean humor at special price of 25c. Operatic Hits from Katinka, Jack O'Leary, Very Good Eddie, Have a Heart.

Popular music, two for a quarter. All the latest hits. Latest magazines and Canadian and American weekly papers. The College Book Store.

Judgment for Plaintiff.

Judgment was given by Judge Lavell on Friday morning in the Kinard vs. Corkey case, which was heard on Wednesday, with J. B. Walken, K.C., for the plaintiff and F. King for the defendant. Judgment was for \$55, full county court costs, amounting to probably \$100, and the ownership of the goods now in Mrs. Kinard's possession was given.

Train Wreck East of Here.

Due, it is said, to the continued cold weather which has played havoc with the railway tracks, there have been several run-offs lately. On Thursday afternoon near Young's Mills, the second station west of Brockville, a G.T.R. freight train left the track. Twenty cars went off the rails, four of them turning over into the ditch.

To-night the Designer at special 50c rate. 75c includes Spring Standard Quarterly and one 15c coupon. The College Book Store.

A conference at Toronto decided to ask the Government to fix the speed of autos outside cities at thirty miles an hour.

DODD'S KIDNEY PILLS

123 THE PRINCE

OBITUARY

The Late Mrs. M. T. Drennan.

Mrs. Mary T. Drennan, widow of the late Rev. Mr. Drennan, who died eight years ago, passed away on Thursday at the age of eighty-one years of heart failure. Deceased was born here and lived at 395 Brock street. She was a Methodist in religion.

ENTERTAINMENT AT MOWAT.

Successful Whist Party at the Portsmouth Military Hospital.

A delightful and very successful whist party was held at the Mowat Memorial Hospital on Thursday evening, over 100 people being present. After an hour and a half's card playing Capt. McKay took the chair and introduced J. D. Baankier, who sang; Bdr. Ballard, Queen's, who recited, and Sgt. Stargo, who rendered a vocal solo. After the chairman had thanked those giving the programme, Nursing Sisters Birtles distributed the prizes, which were generously donated by Daves & Son, Montreal; F. Mahood, Miss Morris, Jackson Press, and C. V. Southcott, Portsmouth. The prize winners were Miss Sutherland, Nursing Sisters Douglas and Mrs. Cohen, and Pte. Harry Thompson, Pte. W. Wrenn, Bdr. Ballard, Sgt. Whaley, Pte. Eva, Pte. Smith, Pte. Ryland, Pte. Pierce and Q.M.Sgt. Usher. Q.M.Sgt. Sewell was master of ceremonies.

MOST GERMAN TROOPS HAVE LEFT EAST FRONT

All Big Guns Shipped Westward, Also, All in Evacuation of Truce With Russia.

London, Feb. 1.—Almost three-quarters of the German troops have been withdrawn from the Russian front, according to the newspaper Nashy Vedomosti of Petrograd no heavy guns or armored cars are left, while the number of light guns has been greatly reduced.

Young soldiers are being removed daily, and their places are being taken by old men and semi-invalids. The German Northern front is strongest. There are no Germans on the Southwestern front, and, although the Austrians there have not been reduced, their heavy artillery has been withdrawn.

Watch for the shadow to-morrow and don't forget the Designer office of 50c for one year. The College Book Store.

A Paris despatch says the Argentine steamship Ministro Ireland was sunk in the Mediterranean in Jan. 26th. The crew were rescued. February, like January, is making a great start on cold weather. The first four days in January were below zero.

Ring up 645 for sweet cider.

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SHE WAS ALARMED ABOUT SON, SHE SAYS

Wm. Morrow Was in Bad Health All Summer—Tanlac Overcomes Troubles

"I have never been a hand to recommend a medicine, but I will have to make an exception of Tanlac because it has accomplished so much for my son," said Mrs. Caroline Morrow of 13 Jilison avenue, Toronto.

"For several years," she continued, "William has been subject to frequent attacks of rheumatism and during the past summer he suffered a great deal. He complained of his joints aching and hurting and his knees and feet, especially, would swell and pain terribly. Sometimes his knees hurt so he could hardly bear for the liniments we were using to be applied. Along with the rheumatism, he seemed to be in general bad health. He complained of being tired and never seemed to feel right. Nothing seemed to give him more than a little temporary relief and I was beginning to feel alarmed at the way the rheumatism was affecting him."

"I never felt much interest in what I read about Tanlac, but the boy was suffering a great deal, and thinking it might help him I got him to try it. He has taken only two bottles so far but I can see a wonderful change in him already. Tanlac has relieved him of rheumatism entirely. He never complains now at all and all the swelling has disappeared from his knees, feet and ankles completely. He has a fine appetite, eats heartily and never complains of that tired, drowsy feeling any more. In fact, he's like a different person and I am so well pleased with Tanlac that I am recommending to everyone as a good, honest medicine."

Tanlac is sold in Kingston by A. P. Chown and in Plena by Gilbert Ostler.

—ADVT.

HURRAH The Problem Solved. Reduce the High Cost of Living.

By Buying Fresh Fish of All Kinds at UNITED GROCERY, 128 Princess Street.

HALIBUT HADDOCK SALMON COD WHITE FISH HERRING SWEETS SHRIMP HADDIES FILETS RIPPED HERRING

Delivery to All Parts of the City. United Grocery. Ben Lee & Co. 128 Princess St. Phone 267

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Stop! See what We Have for Saturday. HOSE—White and black silk, reg. 75c. Saturday 49c. Colored silk, all best shades regular \$1 value. Saturday 69c. Black fleece lined, regular 50c value. Saturday 29c. CORSETS—Lines retailing at present price \$1.50. Saturday 98c. APRONS—Large Bungalow aprons; best print, dark and light patterns, new price 85c. Saturday 69c. NEW BLOUSES—NEW UNDERSKIRTS NEW NECKWEAR. MENDELS Kingston, Ont.

You Can Not Be fair to yourself or those dependent upon you if your EYES are strained. To do your work well—you must SEE well. Consult us about your eyes. We are eyesight specialists and makers of correct glasses. R. J. RODGER, Man'g. Opticians & Optometrists, 132 Princess St. Where the Clock is on the Walk. There Are Always Two Sides to a Story! Don't take the other fellow's word for it. Find out for yourself. We are only asking for the opportunity to quote on your printing needs. The first decision does not prove that we are, or the other fellow is, the highest tender on other decisions. There is such a thing as doing some work without profit just to "get on the inside track." Here's Another Point We are building a reputation for doing work that pleases our patrons at prices they know to be reasonable. We can do the same for you. JOB DEPARTMENT BRITISH WHIG PUBLISHING CO., Ltd. Phone 292. Specialists on Direct by Mail Advertising.