

In The Realm Of Woman--Some Interesting Features

VINOL CREATES STRENGTH

Positive—Convincing Proof

It is all very well to make claims, but can they be proven? We publish the formula of Vinol to prove the statements we make about it.

By Cod Liver and Beef Peptones, Iron and Manganese Peptones, Iron and Ammonium Citrate, Lime and Soda Glycero-phosphate, Casein.

Every doctor will tell you that the ingredients of Vinol as published above, combine the very elements needed to make strength.

All weak, run-down, overworked nervous men and women may prove this at our expense.

There is nothing like Vinol to restore strength and vitality to feeble old people, delicate children and all persons who need more strength.

Try it. If you are not entirely satisfied, we will return your money without question; that proves our fairness and your protection.

Malwood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

Have Your Car Overhauled and Stored for the Winter
AT THE
CENTRAL GARAGE
532 King St. E. Proprietor.
ED. WALSH

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat Less Meat If Kidneys Feel Like Lead or Bladder Bothers

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

If You are Looking for the Best, and the Best is the Cheapest
Go to the **UNIQUE GROCERY** and MEAT MARKET.
Our Stock is Complete.
C. H. PICKERING
490 and 492 Princess St.
Phone 530.

IT STOPPED MY SUFFERING

Said Mrs. Jaynes, Speaking of Lydia E. Pinkham's Vegetable Compound.

Anderson, S. C.—"I got into an awful condition with what the doctors said was an organic displacement. I would have pains so badly that they would have to put hot clothes on me and give me morphine. The doctor said I would never be any better without an operation and I would never have any children without it. A neighbor who knew what your medicine would do advised me to give Lydia E. Pinkham's Vegetable Compound a trial. I did so and it made me a well woman and the next September I gave birth to a healthy baby boy."
—Mrs. SALLIE JAYNES, 37 Lyon St., Anderson, S. C.

The letters which we are constantly publishing from women in every section of this country prove beyond question the merit of this famous root and herb medicine, Lydia E. Pinkham's Vegetable Compound.

The Woman Who Changed

By JANE PHELPS

A HAPPY AFTERNOON

CHAPTER XVIII.
Mrs. Reeve called one afternoon and invited me to go to a concert with her.

"I know it is inexcusable to ask you on such short notice, but I did not know I could go until about an hour ago."

"Oh that doesn't make any difference! I'll be ready in a jiffy!" I exclaimed, then hesitated. I wanted to ask her to my room to chat while I dressed instead of leaving her down in the drawing-room alone, but would it be the right thing to do? "Would you like to come up with me while I change?" I finally ventured.

"Indeed I should!" and we chatted away like a couple of magpies while I got ready.

The concert was wonderful! I loved music and it was always a treat for me to hear the great artists Kreiser was the violinist, and I scarcely breathed while he was playing, so fearful was I that I might lose a note.

"I wish you could see your face," Evelyn said to me when he had finally made his last bow. "You look as if you—well as if you had been listening to the angels."

"Oh, he is so wonderful! his music is angelic," I returned.

When the concert was over Evelyn insisted that we have tea together, so we went into a dear little tea room near the hall and had tea and sweet cakes, and told each other of our girlhood, of our families, and all the little confidences so dear to girlish hearts, but which sound rather foolish when repeated. It was almost dinner time when I reached home. By hurrying, I would have just time to dress before George came in.

An Evening Call.
"We will call upon the Loring's after dinner," George said.

"Shall I dress again?" I asked, never dreaming of objecting, although I dreaded the ordeal.

"No, you look very well," he said, after inspecting me critically.

I told him of my afternoon, of the cute little tea room where we had tea, of Fritz Kreiser's playing, and of how much I had enjoyed it all. He said very little in return, but that little was kind, and I was happy.

We found Mr. and Mrs. Loring at home, and from the conversation I knew that Madge Loring had telephoned George. Why hadn't she telephoned me? Surely it would have been the correct thing to do!

We played cards in the library, then had a delightful supper. Just as we stopped playing—by the way, Mr. Loring and I had beaten them badly—Mrs. Loring said glancing around at the well-filled shelves:

"I haven't a complete library, Mrs. Howard, I have no books such as you bought the other day—not one," then she laughed merrily.

"What books? I thought we kept pretty well in touch with the book market," her husband said looking in a puzzled manner from her laughing face to my flushed one. I had looked at George, and knew he was annoyed that the subject should be brought up.

A Good Beginning With a Bad Ending.

"Oh, it is too good to keep, Latham, Mrs. Howard bought all the books on etiquette and social deportment in Bangs' store the other day. You should have seen the bundle. It will take you most of your time for months to read them," she said to me, then again laughed uproariously.

"You believe in being correct, Mrs.

Howard, I see. You should have credit," he said slyly, and his voice was full of laughter. Somehow it hurt and embarrassed me more than his wife's open laughter had done.

George scarcely spoke all the way home. Once when I timidly ventured a remark he replied:

"You see what a laughing stock you have made of yourself and me, don't you?" and I said no more.

"Where are those books?" he demanded as soon as we had reached the house.

"In the guest room."

"Come along with me," and he strode angrily in advance. "Is this all, every one?"

"No, there is one in our room."

"Go get it!" and I obeyed. "Now you take what you can carry. I'll take the rest," and he preceded me again, this time to the kitchen.

The fire in the coal stove was not quite out and one after the other he stuffed the books from which I had hoped to learn so much into the fire. Of course it made a terrible smoke, and we both coughed over it; but he never stopped a moment until the last book of them all was either burned or so scorched as to be unreadable. The covers he had thrown on the floor.

"Now if you want to buy books you ask me first!" he declared when all black and dirty we left the kitchen. "I never shall hear the last of this!"

"I think it is worse for Mrs. Loring to keep laughing at me than it was for me to be ignorant enough to buy them," I said with a boldness unusual to me; and which brought such a frown upon George's face that I rushed into the bathroom to wash before he could answer.

(To be continued.)



Venita Fitzhugh in "Follow Me"

Beautiful prima donna in Anna Held's gorgeous musical comedy "Follow Me," coming to the Grand on Thursday evening, March 20th.

A COMMERCIAL TREE

Two-Thirds of the Nut Produced is Vegetable Butter.

A wonderful tree, known as the shea, is beginning to attract commercial attention in Western Africa. It supplies the natives with not only nuts, which they highly prize, but with a butter that may become an article of commercial importance. It is already exported to Europe, where makers of artificial butter find use for it. On the nuts that this tree produces there is a soft covering with a smooth skin that comes off easily when the nut ripens. This pulp is sweet and wholesome. Almost two-thirds of the nut is vegetable butter. The tree begins to bear when it is fifteen years old, and reaches its prime in 25 years. Chocolate manufacturers could easily utilize the product. It might also be of use in making candles and soap.—Family Herald.

There Was a Reason.

A young lawyer not noted for intelligence succeeded in getting a client acquitted for murder. Meeting a friend a few days afterward, the lawyer was greeted with warm congratulations.

"Yes," he said, mopping his brow, "I got him off but it was a narrow escape."
"A narrow escape! How?"
"Ah, the tightest squeeze you ever saw. You know I examined the wit-

nesses and made the arguments myself, the plea being self-defence. The jury was out two whole days. Finally the judge asked what the trouble was.

"Only one thing, your Honor," replied the foreman. "Was the prisoner's counsel retained by him or appointed by the court?"

"No, gentlemen; the prisoner is a man of means," said the judge, and engaged his own counsel.

"I could not see what bearing the question had on the evidence," continued the lawyer, "but ten minutes later he filed the jury, and what do you think the verdict was?"

"What?" asked his friend.
"Why, not guilty, on the ground of insanity."

The man with good sense is not noticeably faddish.

A FOOD YOU NEED FOR CONSERVATION
Grape-Nuts
Saves Sugar, Milk, Fuel.
Unique among prepared cereals.

Crossed Asia on Horseback to Secure Information.

The Chinese Government, disturbed over the energy displayed by the Russian Government in establishing new consulates and consular guards in Mongolia and in furnishing loans to Mongol princes, decided to take measures to checkmate Russia's advances in Mongolia. In the summer of 1911 the Manchou Government informed Russia that it intended to convert a part of Mongolia adjacent to Manchuria into a province. It was apparently the intention of China to transform the whole of Mongolia into one or more provinces, thus putting an end to the autonomy which it had hitherto enjoyed as a dependency and which had left the way open for Russian intrigue. China also displayed great energy in sending colonists to Outer Mongolia and began to construct barracks for a division of troops at Urga, the capital of Outer Mongolia. These measures greatly worried the Russians and all through the summer of 1911 there was a great deal of talk in Russia of war with China. Gen. Korniloff, who was then Russian military attaché at Peking, made an overland journey across Mongolia from Kalgan to the Altai region in order to observe the situation in Mongolia. It is characteristic of this energetic man that he avoided the comfortable sleeping cars of the Trans-Siberian railroad and rode home on horseback, traversing the length of Asia in order to bring his Government reliable information. A newspaperman had a conversation with him the day he started. He said, "I intend to ride across Mongolia to Russia, coming out somewhere in the Altai region, the home of my ancestors. You see, I myself am a Turkoman." Gen. Korniloff is a type of the brilliant men that the Russian Government has for a number of years stationed in Peking to observe the trend of events.

Disabled Soldiers.

The Correspondenzblatt der Generalkommission der Gewerkschaften Deutschlands of September 1 says:

"The nervous affection among soldiers, which causes a constant trembling of the whole or part of the body, seems much worse to the onlookers than to the actual sufferers, and on this account has often made it very difficult for the latter to obtain employment, especially as the malady was supposed to be incurable. As early as a year ago, however, Sanfterrat Dr. Ernest Beyr, chief physician of the nerve hospital at Hoderbrinken, near Lalschlingen, declared that this trembling could be cured. The results obtained at the time were not very satisfactory, but meanwhile it has been found possible to remove trembling and other nervous twitches with a rapidity and a certainty formerly considered impossible. Dr. Beyr reported lately that many hundreds of those affected in this way had been cured of their trouble—over 300 so far in the institution conducted by him, where the new process has been in use since November 27, 1916.

"By the application of a gentle electric current, which causes no pain, or even apart from that, by the exercise, according to certain instructions, of the muscles affected, good results have often been obtained in a few minutes or at the longest after two and a half hours. A course of treatment is still required after this, which does not last more than two or three weeks, and in light cases is finished after a few days. The doctor must also be called in in the case of new attacks due to excitement. Those who have recovered, however, know that the malady is easily curable, and by their own efforts can get over such new attacks or help considerably toward a cure."

NON RUSTABLE D & A CORSETS

Comfort—Support—Style

D & A Corsets suit you better than imported ones costing twice as much, because the D & A Corsets, made in Canada, are fitted on Canadian models.

The best features and styles of the latest foreign corsets are improved upon to meet Canadian conditions, and the customs duties and heavy freights which double the cost to you of imported corsets are avoided in the D & A.

There is a style for every figure—Ask your corsetiere.

DOMINION CORSET CO., QUEBEC—Montreal—Toronto
217 Makers also of the La Diva Corsets and D & A "Good-Shape" Brassieres.



ADAMS BLACK JACK

A birthday for your child is a day long remembered when the gift is a box of Adams Black Jack. A stick a day keeps throat ailments away.



ADAMS Pure Chewing Gum



Regular Inspection Must be Deferred

SO many skilled telephone workers have gone overseas that we have found it impossible for the present to keep up the practice of making a regular inspection of all subscribers' telephones.

It is important, in the interests of your service, that such defects as broken mouthpieces, frayed cords, etc., be reported to us promptly.

We therefore ask that subscribers promptly notify the "Trouble Department" (no number necessary) of any such defect in their telephone equipment so that we may remedy it promptly and protect the service.

Your kind co-operation will be appreciated.

The Bell Telephone Co. OF CANADA
"Good service . . . our true intent."

GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE

IN EFFECT MARCH 20th

Trains will leave and arrive at City Station, Foot of Johnson Street.

Train	Leave City	Arr. City
No. 18 Mail	12:30 a.m.	12:57 a.m.
No. 13 Express	3:10 a.m.	3:52 a.m.
No. 27 Local	8:45 a.m.	10:17 a.m.
No. 1 Inter'nal Ltd.	1:10 p.m.	1:50 p.m.
No. 7 Mail	3:00 p.m.	3:40 p.m.
Going East.		
No. 18 Mail	1:40 a.m.	2:17 a.m.
No. 16 Express	12:50 a.m.	2:52 a.m.
No. 9 Mail	12:50 p.m.	12:52 p.m.
No. 14 Inter'nal Ltd.	1:20 p.m.	2:20 p.m.
No. 28 Local	6:44 p.m.	7:27 p.m.
Nos. 1, 12, 14, 16, 18, 19 run daily.		
Other trains daily except Sunday.		
Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For full information, apply to J. P. Vanley, Agent, Agency for all ocean steamship lines, Open day and night.		

CUNARD LINE

Passenger Service BETWEEN Halifax and Bristol

Money remittances made by mail or cable. Apply to Local Agents or The Robert Bedford Co., Limited, General Agents, 50 King St. East, Toronto, Ont.

Dirt Makes Soap Necessary

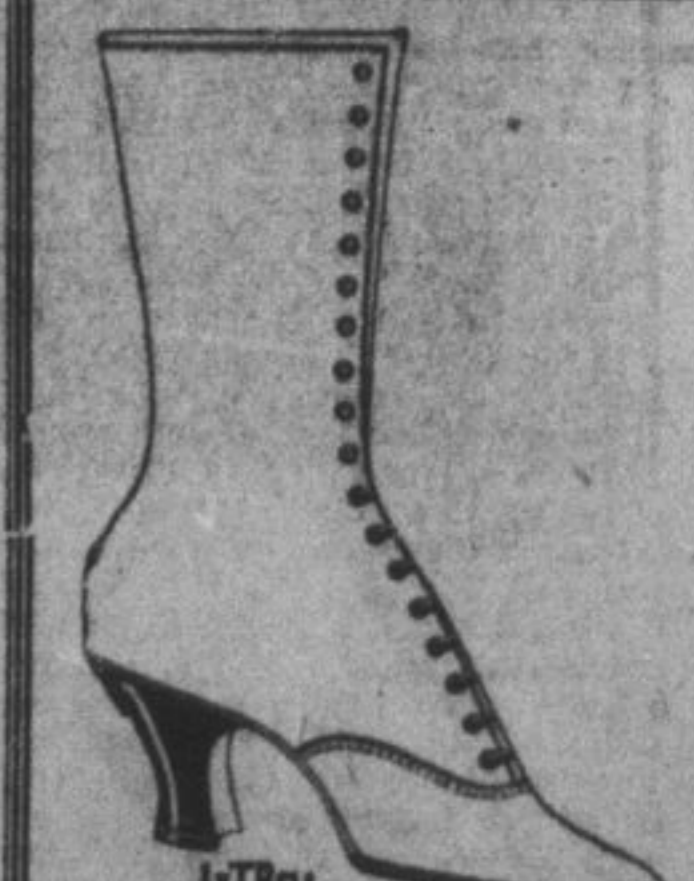
Have you tried Goblins Soap? Works wonders—5c per cake. Palmolive Soap. A full line of fresh groceries always in stock.

Baker's Grocery Phone 1016. Princess and Frontenac Sts.

CLOTHING ON EASY TERMS

Ladies' Suits, Dresses and Furs, Gentlemen's Suits and Overcoats.

N. Morris, 374 King St.



Sawyer's for Fashionable Spring Footwear

New spring models now in. Distinctive styles in brown, grey and combinations, and all black. Moderate prices.

The Sawyer Shoe Store