

TROUBLED WITH CONSTIPATION FROM 16 TO 20.

Constipation is one of the commonest ills of mankind, and one too often allowed to go unlooked after until some serious complication sets in.

If the bowels are properly looked after there will be no constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, etc.

Milburn's Laxa-Liver Pills will keep your bowels so regulated that in no time the constipation will disappear entirely.

Miss Emma E. Melanson, Halifax, N.S., writes: "I am now 29 years of age, and since I was 16 I have been greatly troubled with constipation, so much so that at times I would be in bed three or four days a month. I tried all the old-fashioned remedies, castor-oil, cascara, etc., with only temporary relief until my sister-in-law gave me some of Milburn's Laxa-Liver Pills. From the first they seemed beneficial and I gave them a fair trial. This was two years ago, and with an occasional dose I have kept entirely free from constipation for the period mentioned."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of ointment—double strength—from any drug-gist and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion.

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

HAD A CLOSE CALL.

Leo Millan Stood Next to Soldier Shot in Quebec.

Leo Millan, son of "Aid. D. J. Millan, who entered military service three weeks ago, and was transferred to Toronto, was one of the number from the Queen City to be sent down to Quebec to quell the riots there, and has already had a taste of fighting. He was standing alongside one of the Toronto soldiers who was shot in the jaw, but was lucky enough to escape injury.

It is expected that the Venereal Disease Act will come into effect about July 1st.

STOMACH SOUR? STOP INDIGESTION, GAS, HEARTBURN — PAPE'S DIAEPSIN

Don't Suffer! Regulate Your Upset Stomach in Five Minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. and Mrs. Dyspeptic, let this down: Pape's Diaepsin digests everything, leaving nothing to sour and upset you. No difference how badly your stomach is disordered, you get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

LECTURES ON GARDENING

GIVEN BY DR. SINCLAIR IN THE CITY HALL.

The Children Were Addressed On This Important Topic Friday Afternoon and Adults in the Evening.

Dr. S. M. Sinclair of the Ontario Agricultural Department, lectured in the City Hall Friday afternoon to children and in the evening to adults. In the afternoon about 400 children were present as well as a number of adults. Dr. Sinclair dealt with gardening in a most practical manner and succeeded in holding the attention of the children throughout. He told of the preparation of the soil for the seed; the great importance of sowing the moisture already in the ground; the value and method of fertilizing; and the planting of the seed. The children showed great enthusiasm, and Dr. Sinclair told them that a good boy or girl gardener remained a gardener ever after.

Dr. Sinclair is in charge of the City Home Garden Branch of the Ontario Department of Agriculture and has addressed over 6,000 schools already this year. He proposes to address at least 20,000. The doctor had a large attendance at the meeting in the City Hall on Friday evening. His motion pictures formed the basis of his talk and proved intensely interesting. The pictures are the only ones ever taken of vegetable gardens being taken in this province were quite appropriate. There were three films shown. The first film is entitled "Preparations for Back Yard Gardening." This takes in the apparatus necessary, shows hot beds, flat garden tools etc. The second film deals with the actual work and illustrations appropriate to work, planting potatoes and doing over work about their garden. It even shows chickens picking up insects near the plants. The third film shows how to dig the ground, to put in fertilizer, how to mix the soil, the proper method of raising appropriate special instructions on asparagus, rhubarb, peas, tomatoes, potatoes, beans, etc.

With the pictures, Dr. Sinclair shows the urgent need for greater production of foodstuffs. It said that it was quite possible for a child to raise \$5 worth of vegetables on a plot of ground ten feet square. This year the demand would be for corn, beans, potatoes, etc., and these could be raised by the children working with their parents. The Department has a bulletin (No. 231) which gives the parents valuable instructions and he hoped that this—the connecting link between the city and the country—would be developed this year to the advantage of the children, the parents and the country generally.

Two of the victims of the Quebec rioting on Monday evening were buried on Friday morning. There was no demonstration of any kind.

The man with the good message doesn't always have a good audience to tell it to. The most exacting creed can never cover up a crooked character.

PREPERS TO WATER OUTSIDE.

A. E. Weller Discusses the Question of the Dairy Stable.

Writing in the Canadian Countryman, A. E. Weller, of Kingston Township, says:

In discussing the dairy stable, we must bear in mind that the great majority of stables are being remodelled instead of new being built, so that the location is already settled. In building new, or where old ones may be moved, it is most desirable that they be placed entirely above ground, with a runway from higher ground with, perhaps, storage for roots under, if desired. If a root house is built, the walls and roof should be of cement; to prop the roof, old gas pipes bedded in the floor in the proper places will provide support for bins on each side also.

In laying the gutters of the floor of the stable, it is very desirable that at least some fall be allowed and the drainage provided that will not easily clog up in warm weather—this is very important. In laying the floor it will be easier to lift the litter from the floor of the hallway if made not much higher than the floor of the stable, but it is well to have the floor in the stalls about six inches higher.

Laying the floor of the stalls is a matter that needs a good deal of consideration. One good way is to lay the first two feet at the front with planks hidden in cement, then the rest of cement, with a heavy fall toward the gutter, or the first two feet may be laid of cement, level, with a fall to the gutter from there, or the fall may be made all the way from the front to the gutter. The thing of greatest importance is to get the drainage to the gutter as a labor saver and for comfort for the cow.

In laying out the stable, provision should be made for the passage of a team in one side and out the other, behind the cows, so as to take the manure direct to the field. It has been demonstrated that there is less loss from leaching in manure placed in small pits in the field than any other way, as well as the great saving of labor and of capital invested in litter carriers and, perhaps, wheelbarrows. Thinking of the wheelbarrow, reminds me that the greatest objection may not be loss on the investment.

While I was one of many who installed steel fittings before the war I should like to say that I would prefer it and allow the cows out for a few minutes twice each day, as I believe it does them good if they are not left out too long to get chilled. The first cost of installing inside water fittings is not the end of the cost, and when the final end of their usefulness draws near, it is well to draw the veil.

One of the necessities of a good stable is light. The window cost less than the other parts of the wall. The first cost is the only cost, except by accident, yet many stables need more light, in most cases because the ceiling is too low.

Ventilation is another trouble improved by making the ceiling higher and installing one of the many ventilators guaranteed to ventilate. One easily closed in very cold weather is most desirable. I am not in a position to discuss the milking machine, but I think the public should be warned too much from these and many other machines, which are being improved from time to time.

MAY KEEP LIQUOR.

Interpretation of Act Gives Greater Latitude.

Fewer convictions for breaches of the Temperance Act will probably result from the recent legislation passed by the Ontario Legislature defining the term "apartment dwelling." Former interpretations of the Act have made it illegal for persons dwelling in apartments over stores to have liquor in their possession. The latest interpretation, however, is to the effect that liquor may be kept in such a dwelling, provided there is no communication between the store and the apartment above.

Ten cents worth of help is many times worth more than a dollar's worth of advice and argument.

Some writer has made the remark that where ignorance is bliss it is folly to discover you are a fool. Sometimes it is best not to argue with a woman when she is abusing her husband.

Waiting for something to turn up is certainly a "waiting" game. The matrimonial knot many times proves a difficult tangle.

"I Believe They Have Cured Me"

WHAT NEWTON P. SMITH SAYS OF DODD'S KIDNEY PILLS.

He Had Previously Tried Doctor's Medicine, Plasters and Liniments for His Sore Back, Without Getting Permanent Results.

Parker's Ridge, York Co., N.B., Apr. 5.—(Special).—After suffering for years from pain in the back, Newton P. Smith, a highly-respected citizen of this place, believes that he has found a permanent cure through the use of Dodd's Kidney Pills. Asked to make a statement for publication, Mr. Smith said: "I suffered for a number of years with pain in my back. I was unable to work. After taking doctor's medicine and using plasters and liniments with but temporary results, I decided to try Dodd's Kidney Pills, which I believe have cured me."

All through York County you find people who give credit to Dodd's Kidney Pills for a renewed lease of health. They have been tried for all forms of Kidney Disease, including rheumatism, dropsy, Bright's disease, lumbago, heart disease and diabetes, as well as the milder forms of kidney trouble. Their popularity all over the country is a tribute to the splendid results obtained. If you haven't used them, ask your neighbors about them.

Theatrical News

(Continued from Page 12.)

"Pollyanna." Anticipation runs high concerning "Pollyanna," read and beloved by thousands, which comes to the Grand April 11-12th, as a vivid, magnetic, human personality in the glad-hearted comedy produced by Klaw & Erlanger and George C. Tyler. The story of how Pollyanna played her glad game in a New England community is full of comedy and romance, aglow with optimism and the joy of living.

Catherine Chisholm Cushing, who wrote successful comedies for May Irwin, Henrietta Crossman and Billie Burke, has well preserved the spirit of Eleanor H. Porter's stories. The original cast comes from a record run at the Broad street theatre, Philadelphia, and several months at the Hudson theatre, New York, and includes players of distinction such as Patricia Collinge, Oswald Yorke, Beatrice Morgan, Joseph Jefferson, Helen Weathersby, Maud Hosford, Stephen Davis, Mattie Ferguson, Glenn Hunter, Harry Barfoot and Selma Hall.

Gus Hill's Minstrels.

Minstrelsy extraordinary is the treat held out by Gus Hill's big minstrels, who begin an engagement at the Grand Opera House on Wednesday, April 10th, matinee and night. The foundation of all good companies of this kind is comedy and singing. If a more capable, more prominent, more famous comedian in the black-face ranks ever existed than George Wilson, Gus Hill in his thirty odd years of managerial experience never ran across him. And it's no less than "Waltz Me Again," who has been selected to head the humorous department. Mr. Wilson has able and capable lieutenants, who may be expected to give a good account of themselves. There are John P. Rogers, by all odds the best bass soloist that minstrelsy ever knew, and Jack McShane, a robust tenor, prominently connected for the past ten years with the best minstrel troupes travelling.

GERMANY PLANS MORE CONQUESTS

The Meaning of Her Disclaimer of Faith in League of Nations.

New York, April 6.—Alluding to a news despatch telling of a semi-official statement from Germany that she had no faith in the ability of a league of nations to discourage war, Theodore Marburg, former American Minister to Belgium, said that this statement "discloses clearly the intention of Germany to proceed with aggressive plans in the future."

HAT NEWS

For Men Who Want Stylish Hats.

Our shapes are original in style and the new colorings are distinctive. Choosing a hat is an easy job here for you select from the finest display ever shown in Kingston.

Campbell Bros

Kingston's Largest Hat Dealers

New soft hats in green, grey, brown, tamarac, fawn and all the leading colors.

NEW DERBIES, NEW CAPS, SWELL NEW HATS, From \$1.25 to \$6.

FEEL FINE! TAKE "CASCARETS" FOR LIVER, BOWELS

Spend 10 Cents! Don't Stay Bilious, Sick, Headachy, Constipated.

Can't Harm You! Best Cathartic For Men, Women and Children.

Enjoy Me! Your system is filled with an accumulation of bile and bowel poison which keeps you bilious, headachy, dizzy, tongue coated, breath bad and stomach sour. Why don't you get a 10-cent box of Cascarets at the drug store and feel better. Take Cascarets to-night and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You'll wake up with a clear head, clean tongue, lively step, rosy skin and looking and feeling fit. Mothers can give a whole Cascaret to a sick, cross, bilious, feverish child any time—they are harmless—never gripe or sicken.

THE GREATEST EFFORT NOW IS EXPECTED

Only the First Phase of the Gigantic Battle Has Been Passed.

Washington, April 6.—Renewal of the German assaults against the British and French lines in Picardy indicated to military observers here that the Germans, having gathered strength in the lull of the past few days, might now be ready to launch their greatest effort. Some officers think the Allied commanders realize that only the first phase of the gigantic battle has passed, and that this probably accounts for the fact that no extensive counter movement has been undertaken as yet.

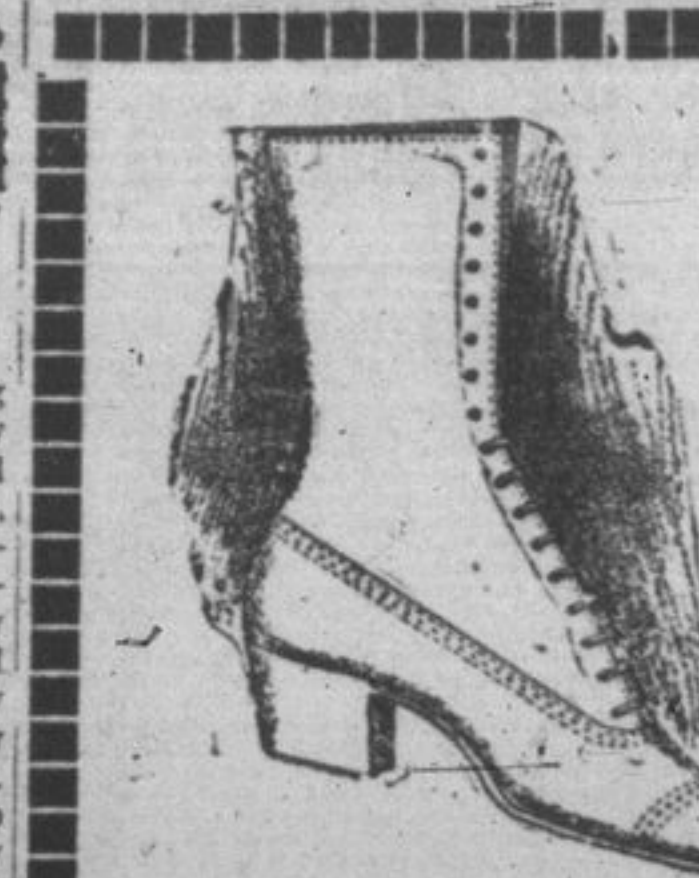
AVOID SPRING ILLS

Purify and Build Up the Blood with Hood's Sarsaparilla.

In the spring your blood needs cleansing and enriching. You feel poorly, and there is more or less eruption on your face and body. Your appetite is not good, your sleep is broken, and you are tired all the time.

You need Hood's Sarsaparilla. It is the one safe and effective tonic that has stood the test of forty years. It makes the pure red blood that will make you feel better, look better, eat and sleep better. It is the old standard tried and true all-the-year-round medicine for the blood and the whole system.

Ask any druggist for Hood's Sarsaparilla, and insist on having it. Nothing else acts like it, for nothing else has the same formula or ingredients, and so there is no real substitute. Get it today.



\$7.50 Special

Young ladies' mahogany colored calf laced boot, Neolin sole and rubber heels. "The High School Girls' Favorite Shoe."

Abernethy's Shoe Store

Furniture

For the Whole House

And now you will be turning your thoughts towards the rejuvenation of your home. The searching light of the spring sun no longer permits old dingy furniture to pass muster. Refurnishing in the Reid way enables you to buy tasteful and artistic furniture at very moderate prices.

At the busy store with the large stock.

JAMES REID

Phone 147 and we will call for your repairs.

City Dairy

PASTEURIZED MILK AND CREAM

Visit This Dairy and Decide for Yourself. — Satisfaction Guaranteed. Official Test by H. B. Smith. Milk tested by 32 Bacteriologists.

Phone 2083 14 JOHNSON STREET.

Use it regularly in place of fresh milk. IT IS PURE, GENUINE separated milk in powder form. A pound makes four quarts. 85 cents. Reduce your milk bill.

H.C. Merriman

Successor to J. A. BOYD 611 Princess Street Phone 847.

The Sarsaparilla

Season is here, a general favorite in spring medicine. Builds you up, makes you strong, purifies the blood and starts your appetite. We can recommend Nyl's Sarsaparilla to you as it is an excellent formula. Ask for it at

Prouse's Drug Store. Phone 82.

Government Standard Flour

Made by Kingston Milling Co. Limited

Is Eminently Satisfactory To All Users. HUNGARIAN—For Bread. WHITE ROSE—For Bread and Cake. CROWN—Winter Wheat Pastry. For Sale by All Dealers.

FRESH STRAWBERRIES

Oranges, Bananas, California Apples, Lemons, Grape-Fruit, all sizes. Try our home-made candy, fresh every day.

California Fruit Store Phone 2168. Prompt Delivery.

BABY CARRIAGES — SULKIES

Large Line to Choose From Carriages \$18 to \$45 Sulkies, \$5.50 to \$7.50

R. J. REID, Leading Undertaker Phone 577



Overseas' Boxes

Safety Razors, Shaving Soap, Antiseptic Soap, Antiseptic Powder, and all the little comforts that go to make life bearable for the boys in the trenches

SARGENT'S DRUG STORE Corner Princess and Montreal Sts. Telephone 41.

Glasses Broken!



We are equipped to replace any broken lens, no matter where it was made. Quick and sure service. "EYES EXAMINED."

J. J. STEWART, Opt.D. OPTICIAN AND OPTOMETRIST Opposite Post Office, Kingston.

Peanut Butter

Clark's fresh made Peanut Butter, 35c lb. Also in glass jars . . . 15c, 20c, 25c, and 35c

Crawford's Grocery, "Good Things To Eat." Phone 26.