

"War-Time Cookery"
FREE

Send name and address for new "War-Time Cookery" This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

Approved by Canada Food Board

ADDRESS
E. W. Gillett Co. Ltd.
TORONTO, CANADA

Writes From Overseas
F. A. Trousdale, who went overseas with the Reserve Artillery Brigade, B. Battery, Milford Camp, Surrey, Eng., has written an interesting letter to friends at Parham. When on leave he had the pleasure of visiting Scotland and tells in a most entertaining manner about the visits he made to the many places of interest.

Leg Sore

A huge sore—very deep—full of foul discharge. Agony all day; no rest at night. Then—just a few drops of the gentle, cooling liquid, D.D.D. Irritation and pain gone. Sweet, refreshing sleep at night. In due time, complete cure! We guarantee D.D.D. Mahood's Drug Store, Kingston.

D.D.D.
The Liquid Wash

FRECKLES

Don't Hide Them With a Veil; Remove Them With Othine—Double Strength.

This preparation for the removal of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold by any druggist under guarantee to refund the money if it fails.

Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Be sure to ask the druggist for the double strength Othine; it is this that is sold on the money-back guarantee.

Queen's Military Hospital
a Physical Repair Shop

"Fall out the sick!" called the sergeant at the nine o'clock parade one morning recently in a local military unit. Acting according to that army bible—popularly known as "K. R. & O." or King's Regulations and Orders—there came a line of men who broke out of their places in the ranks to fall in again in a line in front of the "S. M." or sergeant-major. With an order which came to the ears of the men sounding something like this: "Squad! 'shout! Eyes! Right dress, left turn, quick march to the M. O.," the party moved off the parade ground to see that monarch of medicine—the medical officer.

In a little room away in one corner the party found a genial big doctor, clad in a captain's uniform, and very busily engaged in making mysterious little marks on one of the multitude of military forms. It was the result of the examination of a recruit, and on that form were entered all the facts which could possibly be of use in later months or years in finding the exact physical change the war had made in that particular man's physique.

Some of the newly-arrived party were to undergo vaccination or inoculation. One man, who was a professional wrestler in private life, had come to have his elbows banded. The bandage was applied with a rough hand when he had been demonstrating certain tricks of his trade to a comrade that morning. Another man walked with a limp on his injured ankle. One man had a severe toothache. These were a few of the varied complaints that had justified the men leaving their interesting physical training work to go before the doctor.

The next step in treatment for those requiring more than a bandage, some liniment or advice, is the hospital. This article was inspired by the thought that the people of Kingston do not realize that in Queen's Military Hospital the city has an institution which makes returned heroes say: "This surely is the best conducted hospital that we have struck yet."

A casual visit to that hospital gives certain very vivid impressions. Not only the staff and the patients know how really good the institution is. It is the fulfillment to the "nth power" of all that is understood in the words "the highest standard of efficiency."

Physical Repair Shop.
Housed in what was formerly "Grant Hall," one of the most famous auditoriums in Ontario, and the "New Arts Building," one of the most imposing edifices of Queen's University, is this institution which so well repairs the human bodies damaged in the conflict of men and steel on the Franco-German battle front. Sick with wounds and illness, those pa-

tients are treated with a mixture of science and humanity which goes far towards reclaiming the wrecks as citizens of the Dominion.

Perhaps the discipline of the hospital can best be interpreted in the spirit behind the wording of a small typewritten sign on the main hall of which opens the doors of the office, the X-ray rooms, the dispensary, etc. The little sign reads: "If you throw matches on the floor at home, do so here. We want you to feel at home." Just the combination of appeal and hint of authority necessary to make those patients realize that the staff want a well run place so that they can do their health-reclaiming work in a better way with the co-operation of the patients themselves.

There is a vast study in the workings of such a hospital as Queen's. From the well-appointed wards to the diet kitchens and dining rooms everything seems to be of the best and in keeping with the standard of attention which the patients receive from the human element of the machine.

On the spacious lawn around the hospital every one has seen the shaded figures lying around. On the wheel chairs—by which, by the way, are the gifts of patriotic donors from all over the country—are men who are physically capable of walking. The wheel chairs fill the gap which allows a bed patient to leave his ward to go outside for a short time. Some of the occupants are suffering from leg amputations, other from more or less serious wounds to their legs.

The physically weak and those minus the use of their lower extremities glide up and down the concrete sidewalks and the pavement on University avenue, going for blocks away from the hospital. The means of locomotion are varied. Sometimes it is the strength of comrades, who bring their weaker brothers, take them into new scenes, take advantage of the opportunity to do human work and often push the wheel chairs of the damaged heroes. In some cases the men propel the wheels themselves by the strength in their arms.

Through all the long days this is going on. New faces come and old patients leave for their homes or other hospitals, but these chairs continue doing their splendid work.

Wait for Wounds to Heal.
The lawn is very popular place not only for the occupants of the wheel chairs but for the other patients. Under the healthful sun rays, and breathing the pure air from the lake not far distant, there is almost always a number of men who sit and lie around waiting as patiently as possible for their wounds to heal so that they can return to their homes.

Another favorite "hang-out" for the patients is the recreation room. This was formerly known as the "Red Room," when students instead of soldiers traversed the halls.

The Red Room is built into a nook in the building which contains a bay window lighting from the direction of both University avenue and Stuart street. It is wonderfully well located and equipped as a recreation room for invalids.

There are two English billiard tables, a piano, a Victrola, long book case filled with good books and magazines, card table, checker table, and everything to help make the boys comfortable and contented during the hundreds of hours while "science and nature are working for their recovery from sickness and wounds."

The books and magazines not only supply reading material for the boys who are able to go to the recreation room, but they also go to be bed patients of the institution. Nursing sisters, or "V. A. D." girls, with their neat uniforms, are often coming into the recreation room to take printed matter to men lying helpless in the wards under their charge.

In the Wards.
The wards are a study in themselves. Housed in rooms which were formerly used by the students, one can see the outline of blackboards on the walls and can almost feel the chant of a professor dictating notes on the subjects so close to the thoughts of all students. Instead of the long rows of seats, however, there are beds, all neatly made—by

Evidence Crops Up Every Day
THAT DODD'S KIDNEY PILLS ALWAYS HELP KIDNEY DISEASE.
Quebec Man Who Suffered From a Run-down System and Kidney Disease Finds Quick Relief.
Miguasha Point, Que., May 31.—(Special).—More evidence crops up in this vicinity every day to prove that for run-down people there is no remedy equal to Dodd's Kidney Pills. Among the many who have come forward with statements is Mr. Paul Landry, a well known resident, whose testimony can easily be corroborated.

"It is with great pleasure that I write to tell you your Dodd's Kidney Pills are the best medicine that I have ever taken," Mr. Landry states. "When I commenced to take them there was not much hope for me. After taking four boxes I felt like myself again. I advise all persons who suffer from kidney disease to take Dodd's Kidney Pills."

Dodd's Kidney Pills are popular all over this country, because they not only cure the pains and aches of the different diseases springing from disordered kidneys, but also give new life and energy all over the body. They do this naturally. They cure the kidneys. Cared kidneys strain all the impurities out of the blood, and the pure blood carries nutriment, instead of poison to all the nerves and muscles. You have never heard of a person Dodd's Kidney Pills harmed. You hear of thousands who have benefited by them.

One of the latest recruits for the Engineers is Lieutenant R. Capes, a carpenter of Kingston. He went to headquarters at Montreal.
"Good News."
June 3rd, C.I.C. vs. Kingston Red Sox at 10 a.m. at the cricket field, and oh! boys, see the famous Havana Red Sox vs. Athletics at 3 p.m. play ball.

The Whisk will not be issued on Monday, the King's birthday. Remember Calvary's grand concert, Thursday, June 6th.
KINGSTON EVENTS
25 YEARS AGO.
A. S. McCrimmon was drowned off the schooner Flewing. The Hood (D.S.) received \$300 by the will of J. A. Sedler, bookseller, Montreal.
Capt. Hiram Vaughn has taken command of the steamer Ocean. Fresh butter was plentiful on today's market and sold at 20c to 22c.

the men themselves—which flank each of the four walls in a uniform line. In the centre of the hardwood floor is the desk of the nursing sister in charge. Few of the beds are occupied in the daytime. Here and there may be seen a patient who is too weak to be allowed to walk around with his stronger comrades. At his side is a table which holds his personal belongings and on top are magazines, perhaps a photo of some loved one, perhaps a pack of cards or some other thing which he wishes to have with him so that he can conveniently reach it, without having to bother an orderly.

The hospital is run on a system which, though strictly adhered to, is broad enough to prove convenient to every one. Breakfast comes at eight o'clock to those who are able to go down to the big dining room on the main floor. Roll call and a "Fall in" is conducted by the sergeant-major, then marches to each serving table. With a reminder of the flight of time by the call to dinner at noon and supper at six, the boys enjoy no worries whatever.

Perhaps the serving of so many meals might be interesting to the uninitiated. The men after the bell sounds fall into line that stretches from the dining room door almost across the building. As each man enters the room he walks the full length of a counter or serving table. Taking a tray from a pile at one end he follows the line to the opposite end where the nurse sets his tray as he comes to it. He takes a spoon from one tray, a knife from the next, a fork from the next, a plate from the next, if it is morning a plate of porridge, then after receiving everything necessary to a satisfying meal he takes his place somewhere along the line of tables. Here he sets his tray down and has everything for his meal right on it. At the end of the meal he redistributes his dishes, etc., by walking along the serving table and place each down on a tray provided for the purpose.

Complaints Are Few.
One would imagine that with so many idle men, there would be complaints of all kinds. The surprising fact is that the complaints are few and far between. Every day the orderly office hears the dining room, and in the lull of noise that follows his entrance he says quite distinctly, "Any complaints." The rumbling noise of so many men very vigorously saying "No" is certain proof that there is little left to be desired.

Perhaps there are people who will read this account and say, "Well, why shouldn't these returned heroes receive the best?" and thus forget a practical fact. Judging from the standpoint of the amount of brain work, worrying, planning, etc., which is necessary to make the average business man along evenly, one can in a small degree appreciate what has been done at Queen's Military Hospital. There are never any apologies to make, as a hospital, a business institution and as a home those in authority have shown expert organization and administrative genius and they deserve the sincere thanks and appreciation from an ungrateful public for the work they are doing.

Well Satisfied With
Baby's Own Tablets

Mrs. Edmond Gagne, Tikoupe, Que., writes: "I am well satisfied with Baby's Own Tablets. They are absolutely necessary in homes where there are little children. They cured my baby of constipation and I would not be without them." Thousands of mothers always keep a box of Baby's Own Tablets on hand as a safeguard against constipation, colds, simple fevers, or any other of the minor ills of little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

MILITARY NEWS

(Continued from Page 3.)
Major Newman, second in command of the 1st Depot Battalion, E.O. Kinsley, of the South Staffordshire, has been appointed to receive applications for leave in pursuance of the recent Order-in-Council providing for the granting of leave in cases of extreme hardship.

Pte. C. C. Melver, mentioned as a casualty, is a son of A. Melver, a tenant at the Rockwood Hospital, Portsmouth.

Pte. John Denney mentioned as a casualty, is a son of William Denney, laborer, Portsmouth.

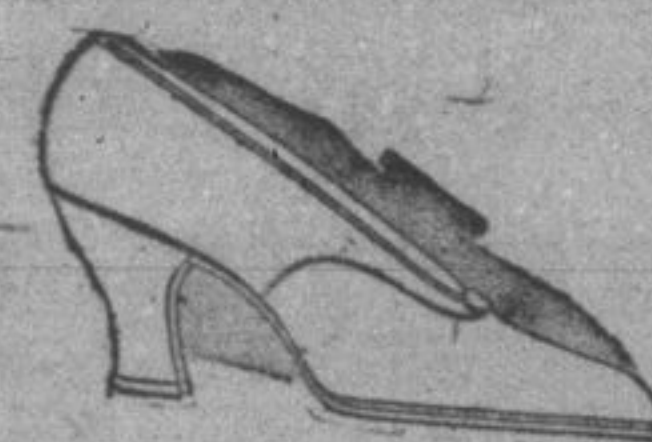
Word has been received in North Vancouver, B. C., that Lieut. A. T. Kingsley, of the South Staffordshire, has been posted missing since April 26th, after heavy fighting. Lieut. Kingsley was a graduate of the Royal Military College, Kingston, and last year spent his Christmas and Easter holidays the guest of Mrs. Acton Robinson, Camden East.

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"The Very Latest"

Ladies' fine grade white canvas rubber sole and heel footwear. Low heels and high heels; pumps, oxfords and boots. "Easiest shoe on the feet."

\$4.00 for Low Shoes, \$5.00 for Boots.

Abernethy's Shoe Store

For The Holiday



Straw Hats are Ready

The season's newest shapes in straw and Panama. Prices will help you to save.

Men's Straw Hats.
Men's Soft Straws.
Men's Panama Hats.
Ladies' Panama Hats.
Children's Hats.
Men's Felt Hats.
New Silk Caps.

Our stock is the largest ever shown in Kingston and our assortment is complete.

Campbell Bros.

Kingston's Largest Hat Dealers.



High-grade Living Room Furniture

High grade does not necessarily mean high priced. Reid furniture is built to last a life-time, but the prices are very reasonable.

Three-piece living room suites in best English tapestries, consisting of full size Chesterfield, roomy arm chair and comfortable rocker to fit every curve of your body.

JAMES REID

The Busy Store with the Large Stock.
Phone 147 for Motor Ambulance.
Motor Funeral Car in Connection.

WODEHOUSE'S
Baby Chick Food

SAVE MEAT USE POULTRY



Feed your baby chicks Wodehouse's Baby Chick Food, and watch them grow.
Price, 30 cents for pkgs.
For Sale at

Henderson's
Grocery
59-61 Brock St.

WALL PAPER

We have a large assortment of new wall paper, Scotch Outwells and a lot of good bargains in remnants of wall and parlor papers.
Also kalsomine, painting and paper hanging. All work done promptly.

D. FRASER
78 William Street.

A Masterpiece
in Watch
Making

In the high ideals of the old guild craftsmen of medieval Switzerland, Gruen watchmaking finds its greatest inspiration today.

In America, at the workshop on "Time Hill" near Cincinnati, the beautiful Gruen cases are designed and the movements cased and adjusted.

When you own a Gruen watch, you own the finest modern example of Swiss art—with the complete service of an American workshop behind it.

The Gruen Verithin model, any pattern of case, any style of dial, \$35, \$40, \$55, \$65 and up to \$200.

Sole Dealers:
KINNEAR & D'ESTERRE
Jewelers.
100 Princess Street.

Soldier
Comforts

Safety razors, fountain pens, milk chocolate, cold creams, shaving cream and talcum, at

Prouse's
DRUG STORE
Phone 82.
Prescriptions a Specialty.

Wood's Phosphorine.
The Great English Remedy.
Tones and invigorates the whole nervous system, makes new Blood in old veins, cures Nervous Debility, Mental and Physical Weakness, Loss of Energy, Palpitation of the Heart, Fading Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain package on receipt of price. Never purchased mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Incorporated in Canada.)

NOTICE
VICTORY BOND HOLDERS

Your coupons which are to be paid on June 1st, can be used to best advantage by BUYING MORE VICTORY BONDS

At 98% and Interest. All denominations, \$50, \$100, \$500, \$1,000.

A further purchase with your interest means compound interest on your investment.

If the amount you receive from your coupons or cheques is not sufficient for a new purchase in full, use our

PARTIAL PAYMENT PLAN
Your coupons accepted in payment for purchases.

REMEMBER—THESE BONDS ARE FREE FROM ALL TAXES
We also have some very attractive

Government and Municipal Securities and Corporation Bonds
Prov. of Ontario, yielding 6%
Prov. of Br. Columbia yielding 6 1/2%
Greater Winnipeg, yielding 6 1/2%
City of Victoria, B.C., yielding 6 1/2%
And many others.

R. D. SUTHERLAND
Insurance and Real Estate, Bagot and Brock Streets.
N.B.—We also buy Victory Bonds.

Str. Britannic

FOR GANANOQUE, BROCKVILLE, CORNWALL AND INTERMEDIATE PORTS

Send Your Freight to the Ferry Wharf, Foot of Brock Street Telephone 2195.

NIGHT SIGHT!



It's at night time that most people find their eyesight failing. If your eyes do not give you comfort in night reading it is a sign you need our help and glasses. We are equipped to give you satisfaction.
J. J. STEWART, Opt.D.
Optician and Ophthalmologist
Opposite Post Office, Kingston.

Protect Your Furs

Through the Summer Months Moth Bags, Camphor Balls, Cedar and Lavender Camphor, Keep out the Moths.

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

White Canvas
FOOTWEAR

The new white shoes are the finishing touches for spring gowns, stylishly designed and as carefully made as women's footwear can be.

Suitable footwear for all out-door sports and recreations.

Allan M. Reid,
111 Princess St. Kingston