

Suffered Great Agony FROM PAIN IN STOMACH For Over 5 Years.

Most of the misery and ill-health that humanity is burdened with arise from disorders of the stomach, liver and bowels. If you are feeling out of sorts, have pains in the stomach, especially after eating, bilious spells, headaches, sour stomach, coated tongue, yellow or muddy complexion, specks floating before the eyes, you should take a few doses of Milburn's Laxa-Liver Pills and note the change.

Miss Ida Hogan, Dunrobin, Ont., writes: "For over five years I have suffered great agony from pains in the stomach. I tried several remedies, but got no relief until a friend advised me to take Milburn's Laxa-Liver Pills. I started with two pills and before I had one quite used I found much relief. I continued until I used four pills, and they completely cured me. That was four months ago, and I have not had the slightest return since. The best praise I can give them is not enough."

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.

Wood's Phosphorine. The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental Depression, Loss of Energy, Prolapsus 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 pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Wills).

NEW HARNESS STORE We are now open for business, carrying a choice stock of Harness, Trunks, Valises, Brushes, Blankets, Whips, Etc. Also Automobile Tires. Repair work promptly attended to. Your patronage solicited.

WATER GLASS Egg Preserver Simple, Effective, Economical Will keep eggs fresh and in the best of condition for one year. 20 CENTS Best's Popular Drug Store. Phone 59. Branch 1818

Keeley Jr., M.O.D.O. Those people (and they are many) who dread the ordeal of an eye examination are agreeably astonished to find that, as made by us, it causes no pain, discomfort, or inconvenience.

And We Use No Drugs. Keeley Jr., M.O.D.O. 226 Princess Street

KITCHEN CABINETS All Styles, Finishes, Best Selection in the City to Choose From. R. J. REID, Leading Undertaker Phone 577.

COUNTY COUNCIL BUDGET

WAS ADOPTED AT WEDNESDAY AFTERNOON'S MEETING.

Mayor Hughes and Capt. Best Appealed for County Grant to the Red Triangle Fund.

A deputation consisting of Mayor Hughes, Capt. T. F. Best and George Smith waited upon the County Council on Wednesday afternoon to ask for a grant to the Military Triangle fund. The mayor referred to the criticism of the Military "Y," but showed that much of this was unfounded. All municipalities had given liberally, and Frontenac was asked to do its share through a grant by its council. Capt. Best, who has seen service in France, delivered an inspiring address, and declared that the Military "Y" helped in improving the morale of the troops, and this was a big factor in the success of an army.

Councillor Halliday stated that an amount had been placed in the budget for patriotic purposes, and he was sure the council would deal fairly with the Military "Y." On motion of Councillor Wensley, the council decided to increase the amount to be paid for the maintenance of county poor in the Kingston Home for the Aged from \$2.50 to \$3 a week and the tobacco allowance from 35 to 80 cents a month. These amounts to continue while the present high prices of commodities prevail.

Table with 2 columns: Item, Amount. Includes Administration of Justice, Court House, Education, Pines, Jail, Interest, Licenses, Registry Office, Title, Surplus, Assessment, etc.

School Girls' Nerves

When an undue amount of nervous energy is consumed in the brain there is bound to be failure of the other functions of the body. Digestion is impaired—the head aches—you cannot sleep—you are easily excited and irritated—feel tired and lack energy.

Dr. Chase's Nerve Food is a creator of rich, red blood and a builder up of the exhausted, nervous system.

Maple Leaf Grocery Cooked Meats of All Kinds. Baked Meat Loaf with Cheese. Pork Sausages, Cooked Shoulders, Headcheese, Empire Frankfurters, Jellied Tongue, Cooked Ham, Ham Bologna, Jellied Hock. Fresh assortment always on hand. Alex Potter. Phone 752. 12 Ridson St.

"Ranks with the Strongest" HUDSON BAY Insurance Company FIRE INSURANCE Home Office, Royal Insurance Bldg. MONTREAL. PERCY J. QUINN, Manager, Ontario Branch, Toronto. W. H. GODWIN & SONS AGENTS, KINGSTON, ONT.

Table with 2 columns: Item, Amount. Includes Sydneyham High School, Law Costs, Printing & Stationery, Registry Office, Provincial Board of Health, Mrs. Pearl Milligan, Interest & Discount, Insurance, Deputations, War Expense, Title, Kingston Collegiate Institute, Patriotic & Charitable Purposes, Grants, Children's Aid Society, General Hospital, General Hospital, special, Hotel Dieu, regular, Hotel Dieu, special, Infants' Home, Orphans' Home, Harrowsmith Agricultural Society, Hinchinbrooke, Kennebec, Kingston Industrial Fair Association, Storrington Agricultural Society, Wolfe Island Agricultural Society, Central Farmers' Institute, South Frontenac Farmers' Institute, Women's Institute, Westbrooke, Women's Institute, Mountain Grove, Hinchinbrooke, Woman's Institute, Salvation Army, Reporters' Grants, Agricultural Branch, A. W. Shirrett, North Frontenac Teachers' Institute, South Frontenac Teachers' Institute, Treasurer's Bond, Salaries, Jaffer, First Turnkey, Second Turnkey, Jail Matron, Treasurer, Clerk, Caretaker, P. S. Inspector, south, P. S. Inspector North, Auditor, High Constable & Truant Officer, Miscellaneous, Total, Surplus.

Estimated Revenue. Administration of Justice, \$2,500.00. Court House, 2,093.00. Division Court, 10.00. Education, 23,009.00. Pines, 5.00. Jail, 3,165.00. Interest, 700.00. Licenses, 50.00. Registry Office, 75.48. Title, 1,160.00. Surplus, 3,694.96. \$35,393.42. Assessment, \$6,921,500 at 9 mills, 62,293.50. \$97,686.92.

Estimated Expenditure. Administration of Justice, \$7,000.00. Bridges & Roads, 1,400.00. Charity, 4,000.00. County Council, 2,200.00. Court House, 3,000.00. Division Court, 100.00. Debentures & Interest, 16,745.98. Education, 25,000.00. Coal, 2,700.00. Grand Trunk Subway, 75.00.

THE PLACE THAT QUEEN'S HOLDS IN THE WORLD. Canadian Courier, Toronto. Mrs. John A. Cooper, of Toronto, has recently been appointed to the council of Queen's University, one of six women who with the chancellor, the trustees, members of the senate, and an equal number of members elected by the graduates make up this important legislative body. It is twenty years since the first woman took her place in Queen's University council, a fact which in itself marks Queen's as the Canadian pioneer in co-education.

Apostolic Delegate Receives Title. Rome, June 20.—The Right Rev. Pietro Di Maria, recently appointed by the Holy See as Apostolic Delegate to Canada and Newfoundland, to succeed Monsignor Pellegrino Stagni, has been created Titular Archbishop of Iconium.

Caucasia In History

THE average person, if called upon suddenly to explain what he understood by the Russian province of Caucasia, might possibly agree with the school girl who described it as the land of beautiful Circassian women, whose men-folk spent all their days showing them from the clutches of the hated Turk. But the Circassian, or Adighe, as he calls himself, to whom many people vaguely attribute their good looks and their rosy cheeks, as parent of the European or Caucasian stock, occupies only the northwestern corner of Caucasia. To the Russian and the Turk he is Techerkess, which is merely a polite way of saying "thief" or "brigand," but this term should be avoided by the peaceably disposed stranger as an unpalatable cognomen liable to provoke unexpected explosions. Caucasia, the mountainous neck of land lying between the Black and Caspian seas, is a land of many races and intermingled tribes, with no inter-racial solidarity to speak of. Only a few stand out as distinct nationalities. Their chains of Titanic mountains are practically unclimbable, and there are only two passes good for year-round traffic, so that the modern railway, seeking passage into Transcaucasia and Asiatic Turkey from Russia, has to hug the coast line when not doubling upon itself, it reaches Kars, which, in the Greek days was virtually the most southern jumping-off place for the armies. This railway line first extended through Circassia and crosses the Classic Phasis of the Greeks, now called the River Rion. The Greek merchants who explored that river to its source came back to tell of rivers running gold, and natives laying down sheepskins in which to enmesh the precious metal as it came down stream past the cataracts. Thus, the Greek imagination and fecundity of fancy was led to create out of Caucasia an Eldorado or Utopia Thule of dreams. Up the ancient Phasis Jason sailed the Argo to gain the Golden Fleece, and ploughed his acres in the Field of Mars of ancient Colchis. Over the mountains of Caucasia, the Argonauts, such redoubtable foes, and somewhere to the north, on the foaming Terek river, by the eastern face of the romantic Kasbek Mountain, Aechylus, the dramatist, chained his Prometheus, who had sought to restore the sacred fire to man. When one has enumerated the Ossietians, or "gentlemen of the mountains," the Khevsurs, who wear chain mail and helmets of the Crusader type, the Tehetchebs, the Ingouch, who are said to see their gods in the rocks, the highlanders, the Daghestan, built Daghestan, the Karabadians, the Suanetians or Sons of Strabo, whose civilization has stood still for a thousand years, the much-scorched Mingrelian tribesmen, the imberberians, the Pshavs, and the semi-Turkish Tartars, the highlanders, the highlanders who used to wait for wealthy strangers in the great waste places around Tiflis, there is still left the one great dominant race, or aristocrats of the Caucasus, the Georgians.

The Georgians were the real masters of the Caucasus until Peter the Great introduced the Russian, six centuries after their Gold Age under the Georgian Elizabeth, Queen Tamara. There will, therefore, be no more kings of Georgia, it is pleasant to think that, on his own proud showing the Georgian aristocrat has not robbed him of the distinction of possessing the bravest men and the most beautiful women in the world. The Russian has generously added his testimony, not without a sub-acid touch of irony, that, no matter what the occupation of the Georgian, he is almost sure to be a prince. The title, indeed, is as amazingly common as baron in Germany, and recalls the judge and colonel of the Georgia of the New World. But behind the harmless boast is usually a hoary pedigree and a national patriotism which has become a fetish since the Russian occupation.

For the first time these Caucasian peoples are ruled by one power under a viceroy, including almost plus royal couple. Their country, or countries, including as they do Baku of the oil and cotton fields, the Black and Caspian seaports, and the fine city of Tiflis, have a great economic future. It is sincerely to be hoped, however, that the question of self-determination and rights of small nationalities in the Caucasus will not end its way to the coming peace conference, if ever the delegates to that epoch-making assembly are to dispose of their Herculean task. It would be nothing less than an interminable wrangle, and the world might be tempted to wish that the many and various nations of the frosty Caucasus were back in that condition of which Herodotus speaks when he describes them as "living mostly on the fruits of wild trees." Pliny tells of 300 distinct languages in ancient Colchis, and it is a reliable record that the Romans had to employ 120 interpreters to conduct affairs satisfactorily.—Christian Science Monitor.

The devil's message is always told in the most flattering way. More Than Half Have Tuberculosis. Washington, June 20.—Half of the Russian prisoners of war now returning home from Germany have tuberculosis, according to a report to the State Department from Volozda. The message said, with only the scantiest clothing.

Death of Wholesale Merchant. London, Ont., June 20.—D. H. Howden, head of D. H. Howden and Co., wholesale hardware merchants, died unexpectedly at his residence here Tuesday evening. He was in good health until Sunday when he suffered a stroke of paralysis on a Grand Trunk train.

Probs: Friday, southerly winds, warmer, showery. Attractive New York Summer Wearables! We have prepared a most charming showing of dame fashion's latest makes in pretty voile and muslin dresses, wash sport skirts, silk and wool novelty skirts, wool and silk sweaters, garden smocks, Panama and sport hats. ON SPECIAL DISPLAY FRIDAY LINGERIE WAISTS CHILDREN'S SWEATERS A number of pretty styled embroidered and tailored white washable voile waists, all sizes. 98c 10 doz. plain white and white with color combinations, "Vamp" necks. This season's smartest novelties. \$1.48 and up REGISTER — For the convenience of our customers we have arranged to have two deputy registrars for the balance of the week. Steacy's - Limited

We are Ready for the Summer Season With a Great Assortment of White Footwear. Tennis Shoes for Men, Women and Children. Also nice assortment of Canvas Pumps and Oxfords. Prices from \$1.50 and up. Always something on our bargain tables that may suit you. The Model Shoe Store H. Rotgauer. 184 Princess Street.

REGISTRATION In order to help relieve the congestion on Registration Day, June 22nd, and as an accommodation to the public, we are opening our store for registration purposes every day this week, commencing Tuesday, June 18th. Registration hours, 9 to 12 a.m. and 2 to 5 p.m. We will be glad to secure the help of volunteer registrars. T. F. HARRISON CO., LTD Phone 90.

AT DAVIES' EAT FISH MORE FISH Finest Lake Whitefish 15c Halibut 28c Smoked Haddies 18c Kippers 12 1/2c The Wm. Davies' Co., Limited Phone 597.

Relieves CATARRH of the BLADDER and all Discharges in 24 HOURS SANTAL MIDY

The Natural Sweetness of Grape-Nuts is a real sugar saver Practically the only cereal food that develops its own sugar in the making