

Tells How to Stop a Bad Cough

Surprising results from this famous old home-made syrup, easily prepared and used.

If you have a severe cough or chest cold accompanied with soreness, throat tickle, hoarseness, or difficult breathing, or if your child wakes up during the night with croup and you want quick help, try this reliable old home-made cough remedy.

There are many worthless imitations of this mixture. To avoid disappointment, ask for "2 1/2 ounces of Pinex" with full directions and don't accept anything else.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe coughs, throat and chest colds.

Special attention will be given your family or friends, going to or from the Old Country.

For information and rates apply to J. P. Hanley, C.P. & T.A., G.T. Ry., Kingston, Ont.

CUNARD ANCHOR-DONALDSON

Regular Passenger Services to all British Ports

CUNARD LINE

FROM New York, Pannosia ... March 6 TO LIVERPOOL.

FROM Boston, Princes Juliana ... Feb. 28 New York, Carambola ... Feb. 27 New York, Royal George ... Mar. 1 New York, Aquitana ... Mar. 1 New York, Caronia ... Mar. 1 New York, Orduna ... Mar. 18

ANCHOR-DONALDSON TO GLASGOW

FROM St. John, N.E., Casandra ... Feb. 29 NEW YORK TO GLASGOW

Kingston Child Welfare Station

Free Advice to Mothers by Mrs. Frances Robinson, R.N., Victorian Order of Nurses

Bring your babies to be weighed and examined.

No treatment—much advice Doctor in Attendance

Open Monday, Wednesday, Friday, 2-5 p.m., 301 Barrie Street.

Great Clearing Sale

The Model Shoe Store

We must lower our stock by at least \$10,000.00, 30 days' great reduction sale.

Ladies' Boots, broken sizes, from \$1.50 and up.

Call and take advantage of these bargains.

H. ROTGAUZE, PROP. 184 Princess Street.

Many a man who knows what is right lacks the courage to do it.

From The Countryside

Frontenac

ECHO LAKE. Feb. 6.—The roads are in very poor condition after the warm spell which took nearly all the snow off.

BARRIEFIELD. Feb. 14.—The Women's Guild of St. Mark's church held a box social on Wednesday evening which was a success.

WESTBROOK. Feb. 13.—Amos Bridge received word on Saturday of the death of his father, Andrew Bridge, at Utica, N.Y.

DESERT LAKE. Feb. 13.—The farmers are hauling wood. Harold Snook has purchased a valuable colt.

CHILD GETS SICK CROSS, FEVERISH IF CONSTIPATED

Look at Tongue! Then Give Fruit Laxative For Stomach, Liver, Bowels.

"California Syrup of Figs" Can't Harm Children And They Love It.



Mother! Your child isn't natural cross and peevish. See if tongue is coated; this is a sure sign the liver, stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remembers a gentle liver and bowel cleansing should always be the first treatment given.

Nothing equals "California Syrup of Figs" for children's ill; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system, and you have a well and playful child again.

All children love this harmless, delicious "Fruit Laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given to-day saves a sick child to-morrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."

Her Five Children HAD WHOOPING COUGH AT THE SAME TIME

Whooping cough is one of the most dangerous diseases of children, especially to those under five years of age.

On the first sign of whooping cough we would advise the use of Dr. Wood's Norway Pine Syrup. This famous remedy will clear the bronchial tubes of the collected mucus and phlegm, and in this way ease the racking cough and in a short time make it disappear entirely.

LENNOX AND ADDINGTON. Feb. 11.—James Conner is visiting his sister, Mrs. Henry Grant, Eganville. Earl Teopie, Perth Road, was a week-end visitor of his father-in-law, James W. Jackson, Sr.

SELBY. Feb. 12.—Rev. Mr. Farnsworth is holding revival meetings at Mount Pleasant. A number around here are having their wood sawed with the sawing machine.

LEEDS. Feb. 12.—Mrs. Herbert Scott spent the past week with relatives in Queen's Park. Mr. and Mrs. Alexander Lewis, at J. N. Abrams, Miss Hazel Babcock returned home.

JUNETOWN. Feb. 12.—Mrs. Herbert Scott spent the past week with relatives in Queen's Park. Mr. and Mrs. Alexander Lewis, at J. N. Abrams, Miss Hazel Babcock returned home.

Lingering Weakness Following Disease Banned by the Wonderful Tonic Powers of Dr. Williams' Pink Pills

In almost every case the victims of influenza, pneumonia, typhoid, or contagious troubles, are left weak, ailing and despondent after the disease itself has disappeared.

Rich red blood is the whole secret of good health, and from the first to the last, Dr. Williams' Pink Pills enrich and purify the blood.

NEWEST NOTES OF SCIENCE

Florida has been added to the list of pottery making states, which now number 33.

By an electrical process a Norwegian plant is refining 6,000 tons of zinc annually.

Holland has just begun to develop extensive deposits of rock salt, the existence of which has been known for years.

The Uruguayan government is planning the construction of a dry-dock large enough to hold the greatest ocean liners.

There are about 10,000 electric trucks and wagons in service in the United States, operating in 124 lines of trade.

New Zealand supports and regulates the beekeeping industry and trains students at a government experimental apiary.

Porto Ricans made a fairly permanent dye for textiles from the roots of turmeric, which grows wild over much of the island.

One of the most widely used Japanese patent medicines is sold in boxes that automatically release three pills each time a box is opened.

Dr. Williams' Pink Pills. In almost every case the victims of influenza, pneumonia, typhoid, or contagious troubles, are left weak, ailing and despondent after the disease itself has disappeared.

HOG CHOLERA DANGER

How to Detect Disease and the Measures of Control.

Spraying to Be Effective Must Be Done at Exact Time—Have Everything in Readiness When Season Opens—Write Department of Agriculture for Up-to-Date Spray Calendar.

THE symptoms of hog cholera differ somewhat according to the virulence of the virus and the resisting power of the hogs in any particular outbreak.

When cholera enters a herd, the hogs do not all become sick at once. One or two fall to come for their feed and will be found lying down in some dark corner.

So far as known, the virus of hog cholera will not propagate outside the body of the hog. As already stated, the virus is given off in large quantities in the urine and fecal discharges of sick hogs.

Prevention and Treatment. From what has been said above regarding the way the disease is spread, it will at once be seen that one way to keep the disease from a healthy herd is to take all steps necessary to prevent materials contaminated by sick hogs from coming in contact with the healthy herd.

Order Everything Early. Spraying is something that cannot wait. It must be done at a definite time. Failure to do it then means failure to get clean fruit.

What discourages and annoys you most when spraying? Is it not delays and poor pressure? With proper foresight and a little knowledge of the mechanism of your engine and pump you can almost entirely prevent this annoyance, discouragement and loss of time and money.

Be determined that this year you will do your spraying right, that you will have a good working outfit with no leakages, good nozzles or a good spray gun, plenty of material, a spray calendar to guide you and everything ready to start the first day the spraying season opens.

International Outdoor Champion, 1911—Montreal, International Outdoor Champion, 1913—Sarajevo, National Indoor Champion, 1913—Cleveland, Ohio, International Indoor Champion, 1913—Toronto, International Indoor Champion, 1915—Cleveland, International Outdoor Champion, 1915—Sarajevo, Lake.

CROWN LIFE

The Extra Death losses from the epidemic and the war in 1918 far outnumbered the Ordinary Death losses. But the Interest Income was increased to an amount sufficient to provide for ALL Death losses.

CROWN LIFE INSURANCE CO., TORONTO W. H. PENWARDEN, District Manager.

OVERCOATS

\$48.00 to \$38.00 SUITS \$20.00 to \$38.00 Large stock of indigo blue serge and fine worsted suitings. All wool, extra heavy weight pants, \$8.00.

John Tweddell, Civil and Military Tailor, Princess St.

HIRST'S PAIN EXTERMINATOR

DON'T SUFFER PAIN—BUY HIRST'S! 35¢ BOTTLE

JUST ARRIVED

Another Line of Baby Cutters.

Iron Cribs, Bassionettes and advance styles of baby Carriages for 1919

R. J. Reid

Leading Undertaker :: Phone 577

Labor Savers for Wash Day

Our water power or hand washing machines will save a lot of hard work and wash the clothes perfectly. Let us show them to you

We also have a large stock of wringers, clothes baskets, clothes pins, electric and sad irons.

Lemmon & Sons

187 Princess Street. :: Phone 840

RUSSELL L. WHEELER



International Outdoor Champion, 1911—Montreal, International Outdoor Champion, 1913—Sarajevo, National Indoor Champion, 1913—Cleveland, Ohio, International Indoor Champion, 1913—Toronto, International Indoor Champion, 1915—Cleveland, International Outdoor Champion, 1915—Sarajevo, Lake.