

Chronic Diseases Take Hold Slowly

Kidney and Bladder Troubles don't attack you suddenly. Chronic diseases of these organs are generally the result of neglect. Nature gives you plenty of warning when your kidneys are out of order and need assistance; you notice a dull pain in the back; you are dizzy, have headaches, feel languid, tired and lifeless.

There is no mistaking the symptoms, and when Nature warns you—obey—before it is too late you will regret it. Putting off never cures. Gin Pills do.

At the first sign of Kidney or Bladder Trouble, buy a box of Gin Pills and take them. They will help your kidneys to perform their proper function and renew your previous strength and vigor.

Among our hundreds of testimonials is one from Mr. B. C. David, King's Co., N. S. Mr. David writes: "I was suffering from a dreadful lame back and hips, so much so that I could hardly straighten up. I got a box of Gin Pills and they helped me immediately. I have continued to take Gin Pills, and now the pain in my back and hips is gone. I shall always recommend Gin Pills to my friends and other sufferers."

Mr. David's case is only one of the many to which Gin Pills have brought immediate relief. Sufferers from Kidney or Bladder trouble should know that what has been done in such cases and try Gin Pills.

Sold almost everywhere throughout Canada—50c a box. A free sample will be sent you if you write to The National Drug & Chemical Co. of Canada, Limited, Toronto, Ont. U. S. residents should address: Na-Dru-Co., Inc., 202 Main St., Buffalo, N. Y. 424

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Groceries and Meats. If you want the best in Groceries and meats, go to the Unique Grocery and Meat Market. C. H. PICKERING, 490 and 492 Princess St. Phone 530. License No. 8-2153.

Cure That Cold Don't Get Grippe. You know how quickly Zutoo tablets cure headache and break up colds—how soon they ally the fever. Take them at once when you feel the first pain or shiver—the first symptom of a cold. Taken then, they will prevent the Grippe. Taken after it has developed, there is nothing better for the pain and fever.

Take Zutoo. Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod. Dominion Fish Co. Canada Food Board License No. 9-2266.

Spring Is Coming Early This Year. We are ready for it with a splendid assortment of Ladies' Oxfords AND HIGH GRADE BOOTS FOR SPRING WEAR. Styles and shades to suit all tastes, at The Model Shoe Store 184 Princess St.

GRAND WELCOME TO SOLDIERS

The 45th Battery And 6th Troops Reached Here Late Friday Afternoon.

PEOPLE OUT IN THOUSANDS

TO CHEER THE HEROES FROM THE BATTLEFIELDS.

Bells and Whistles Told the City of the Approaching Train—Relatives Met Their Khaki-clad Boys at Tete de Pont Barracks.

After many delays the 45th Battery and other troops for the Kingston disposal area arrived in the city about six o'clock Friday afternoon. In spite of the fact that the men had had a weary journey, and were rather impatient at being held up for so long, they made a good showing in their uniform, were drawn up to receive their returning comrades. The G. W. V. A. band played as the train steamed in, and as the battery boys filed from the train into the barracks, from which many of them had gone overseas three years ago.

The people of the city had been well warned of the arrival of the train. Half an hour before it arrived, the city hall bell gave the signal, and immediately every bell and whistle in the city sounded. The noise was reminiscent of armistice day, and it was kept up until after the troops had arrived in the city. The noise brought almost every citizen out, and a huge crowd assembled at the barracks. Through the kindness of the general officer commanding the district, the relatives of the returning men were admitted to the barrack square, which was well filled long before the train arrived. Inside the barrack square Brig.-General V. A. S. Williams and his staff, along with the civic reception committee, waited the arrival of the soldiers. On their arrival all their baggage was piled in two heaps, one for city boys and the other for the men for out-of-town points. The Kingston men had their baggage delivered to their homes by C. A. S. C. transport wagons.

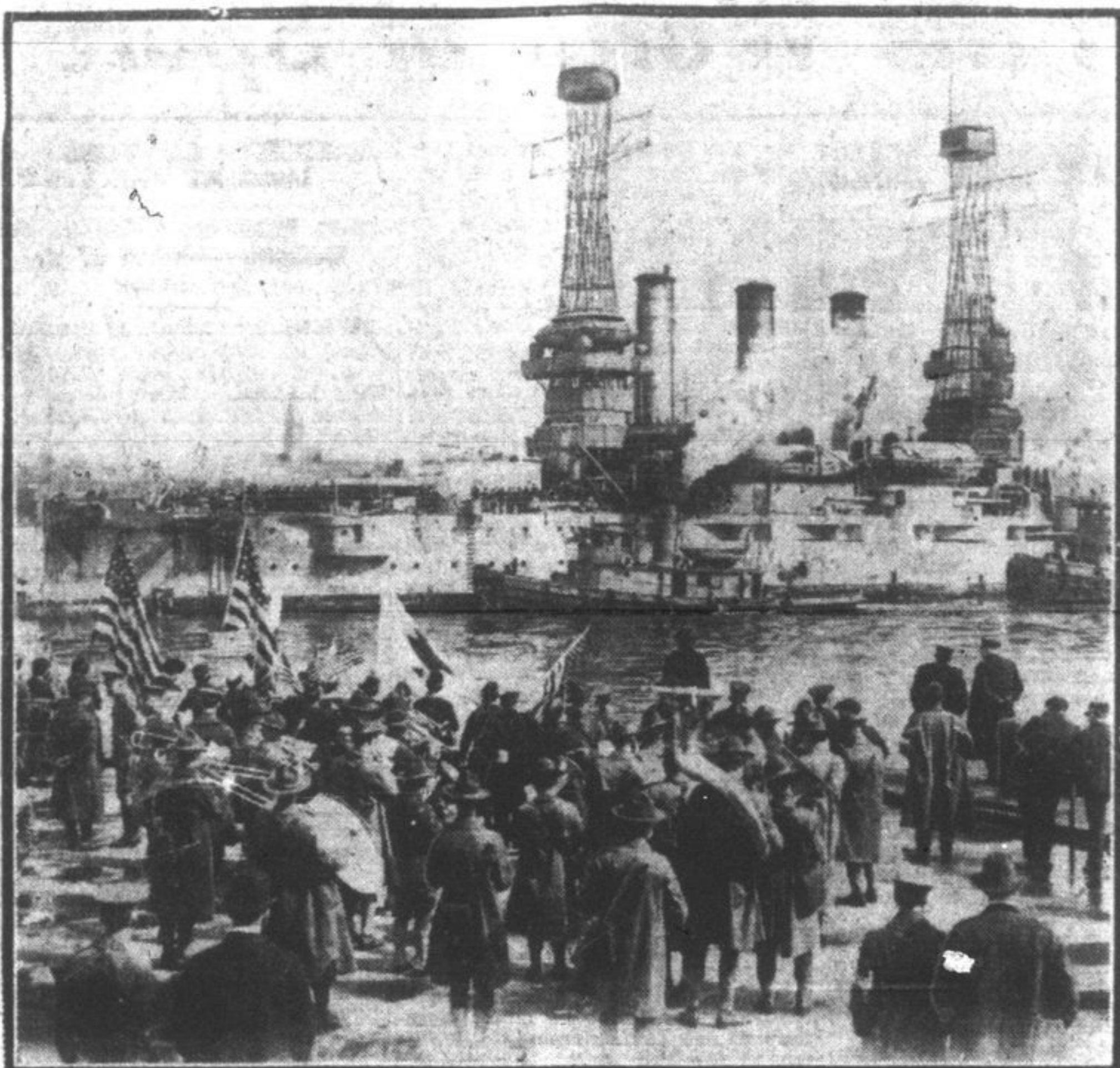
Meeting with Relatives. Immediately on arrival at the Tete de Pont Barracks, the men were allowed to fall out for fifteen minutes to meet their relatives. Many touching scenes were witnessed as mothers met sons and husbands met wives and children whom they had not seen for years. But all were happy and glad to be back home again. This battery was under the command of Capt. D. N. MacCallum, of Kingston.

After being allowed a generous fifteen minutes for meetings with relatives, the men again fell in on the barrack square, and were addressed by General Williams, who welcomed them to the military district. He told them of the great pleasure it gave him to be able to do so. He referred briefly to the time they had spent overseas, and to the part they had played in the war. As a returned man, he expressed the sympathy he felt for all men who had fought in the war, and was glad to meet at any time with the returned soldiers, whether they were officers or men. He explained to the men that they would be discharged to their homes with all possible speed, but that the city of Kingston wished to give them the honor that was their due, therefore a parade and reception had been arranged. He expressed the wish that they would work as nobly and devotedly for their country in their civilian life as they did while in the army. As officer commanding No. 3 Military District, he welcomed them home and extended to them every good wish for the future.

The Parade. After the speech the parade formed up and moved out through the barracks gate. A mounted detachment of the R. C. H. A. led the way, followed by the band of the G. W. V. A. After the band came the guard of honor, made up of returned men in uniform. They made a brilliant showing under the leadership of Lieut.-Col. R. Crocker, many of them wearing decorations and almost every one bearing gold casualty bars. Then came the newly returned battery boys, led by the band of the R. C. H. A. They wore their steel helmets and part of the equipment, and in spite of their long and tedious journey they marched firmly, and were evidently delighted with the reception they received. The streets were jammed with people, and cheer after cheer rose as the parade passed by.

In spite of the weather conditions, a large crowd had assembled all along the route, armed with flags and banners, which they used to good advantage. The business houses and dwellings on Princess street, Barrie street, Brock street, and Bagot street were all profusely decorated, and the streets had a gala appearance. The crowd was thickest on Princess street, and it seemed as if the whole population of Kingston had gathered to do honor to the returning unit. The decorations came in for a good deal of comment from the soldiers in the parade, but everything passed off very satisfactorily. Brig.-Gen. Williams and his staff were at the corner of Bagot and Princess streets, accompanied by the civic reception committee as his guests, and as the parade marched up Princess street he took the salute, the last general salute which the battery gave before being demobilized. The parade marched along Ontario street to Princess, up Princess street to Barrie, then to Brock, down Brock to Bagot, and to the Artillery Park, where a huge crowd awaited them. Here the civic addresses were made, and the troops were then marched to

UNUSUAL VIEW OF U.S.S MISSOURI BRINGING BACK LAST OF 27TH DIVISION.



Here is a remarkable view of the Missouri steaming into her berth at Hoboken, with the last of the 27th Division, namely the 106th Machine Gun Battalion, Red Cross women at the left nearest the river's bank are waiting for the ship to dock so as to distribute delicacies to the men. A regimental band is playing "Hail, Hail, the Gang's All Here."

the Barrieheld hutments for discharge. The 45th Battery. The 45th Battery was organized in Kingston in January, 1916, under Major A. G. Gill, a graduate of the Royal Military College. It went to England in February, 1916, and crossed over to France at the end of July, and served in the 3rd Canadian Division. It first went into action in the Somme, and when the six-gun batteries were formed the 46th (Queen's University) battery was broken up and drafted to the others, two guns going to the 45th. The battery served at Vimy and Passchendaele and in subsequent actions. The 45th Battery retained its identity as a unit throughout the war, but few of the original members are now in it. Many of those who left Kingston in it were gunners of the R. C. H. A., and most of the training was carried out in England from February to July, 1916.

Of the sixty-six Queen's men who left here with the 46th a record shows that 11 have fallen in battle, Decorations including a D.S.O. and M.C., and three M.M.'s have been won by them, one by Driver W. Shaw, of this city. Fourteen received commissions in the artillery or the R. A. F., and fifteen have been returned to Canada. Ten of these at present attend Queen's. Battles in which the battery took part include such memorable names as the Somme, Vimy Ridge, taking of Hill 70, and Passchendaele. At other times they helped to hold the line at Ypres and at Lens while in the advance last summer and fall they rendered valuable service.

ACCEPTS WOMAN SUFFRAGE. Covenant Provides Offices Shall be Open to Both Sexes. Paris, March 29.—Women suffrage is recognized in the covenant of the League of Nations through the adoption of an amendment providing that the offices of the league shall be open to women as well as to men. Another amendment provides that no state can withdraw from the league without two years' notice.

Gets Money When He Abdicates. London, March 29.—An embargo has been placed on the private fortunes of former Emperor Charles until his official abdication has been received at Vienna, according to reports from that city, transmitted by German wireless.

Disturbed Health from Tea & Coffee Drinking doesn't bother the user of INSTANT POSTUM This table drink of rich satisfying flavor continues economical to health and purse. Not a bit of waste

BEAUTIFUL, HAIR THICK, WAVY, FREE FROM DANDRUFF

Draw a Moist Cloth Through Hair and Double Its Beauty At Once. Save Your Hair! Dandruff Disappears and Hair Stops Coming Out. Immediate?—Yes! Certain?—That's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after an application of Danderine. Also try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp; forever stopping itching and falling hair, but what will please you most will be after a few weeks' use, when you see new hair—fine and lustrous at first—yes—but really new hair—growing all over the scalp. Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful. You can surely have pretty, charming lustrous hair, and lots of it, if you will spend a few cents for a bottle of Knowlton's Danderine from any drug store or toilet counter and try it as directed.

CO-OPERATIVE DAIRY PROPOSED IN HASTINGS. Farmers Meeting This Week at Several Points to Discuss Project. Marmora, March 29.—There is a proposal that dairy farmers in Hastings and adjoining counties would run their own cheese factories should extend central co-operative farmers' dairy company for the purpose of taking over and operating co-operatively as many factories as possible. The plan is to operate along the lines that grain growers in Western Canada own and operate their elevators. In order to bring the matter clearly before the people of the district public meetings were held here and at Springbank, Tweed, Wellman's Corners and other places this week. There's hope for the young man who makes the wild oats season as short as possible. Success is sometimes the result of beating the other fellow to it. Stubbornness often goes by the name of independence.

HEARD ON THE SIDE

With the city keeping the old time and the railroads observing the daylight saving, there will be a lot of people missing their train, and there will also be many an interesting foot race to the station, so say nothing of the speed the taxi men will have to put on. It looks as if Old Man Winter has a little more snow stored away and wants to get rid of it. Better hang on to that snow shovel for a little while longer. With a new hotel, more workmen's houses, harbor improvements, a free library, a dozen or so new industries, and a union station, Kingston would be doing quite well, thank you.

"Bob" Bushell has a number of surprises up his sleeve for this year's fair. Those jaunty hustling manager has been talking to Montreal of late, have not been for pleasure only. "R. J." is on the job for the fair every minute. The Portsmouth Philosopher, reading about too much smoke in the Kingston pool rooms, suggests that the players be provided with smoke helmets.

Now that an appeal has been made for a police motor patrol or "hurry up wagon," as it is known by in some cities, it will be in order for some of the "city fathers" to suggest that one of the garbage wagons be utilized to "run in" the drunks. If "Doc" Edwards could get Sir Charles Fitzpatrick to return that \$5,000 to the government and have it used to help improve the local harbor, Kingston would have no kick coming.

Women will never make good on juries until they get to be as ignorant as men. The man who makes the most mistakes is hardly in favor of immunity from criticism.

And enjoy it's lingering flavor 15cts. CHEW KING GEORGE'S NAVY TOBACCO. M.M.S. KING GEORGE. There's hope for the young man who makes the wild oats season as short as possible. Success is sometimes the result of beating the other fellow to it. Stubbornness often goes by the name of independence.

"If high rates of interest must still be paid on Canadian Government borrowings, ALL the people should have the opportunity to earn this interest". —SIR THOMAS WHITE, Minister of Finance.

Why They Are Buying WAR-SAVINGS STAMPS. The housewife is economizing in comfortable ways and investing in War-Savings Stamps at \$4.02 each this month. In 1924, when these stamps are redeemed at \$5.00 each, every dollar will have greater purchasing power. The business man is cutting off small and unnecessary expenditures and buying War-Savings Stamps. He knows his money is available any time he really needs it, with added interest. \$5 for \$4 in five years is an excellent return on money otherwise idle. School children are buying Thrift Stamps at 25 cents each and are filling their Thrift Cards in order to acquire a War-Savings Stamp. They are helping their country and acquiring the habit of Thrift. Men on the farms are buying W.S.S. because the Government uses the money to finance export orders for the food raised on Canadian farms. This makes their market sure. Men, women and children of all ages and conditions of life, are investing in W.S.S. because it is a convenient way to "build a bond". The security is absolute and the interest is unusually high. Some day they will look back with great satisfaction to the day when they bought their first War-Savings Stamps. Have You Bought Your Stamp Today?

FREE Great PEDALMOBILE and World's Champion KNIFE. The great racing Pedalmobile is built exactly like a 9 cylinder motorcar... HERE IS THE GRANDEST PROPOSITION EVER MADE. BOYS, you can enter this big, handsome racing Pedalmobile in the greatest sport ever invented... Write today and we'll send you FREE, a big tin, package of "Fairy Heroes" to try yourself and with it just a handsome package to introduce among your friends... THE REGINA MANUFACTURING CO., Dept. W. 13 TORONTO, ONT. 109

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