

A SLUGGISH LIVER CAUSED Severe Headaches

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleansing it of all impurities and poisons. Healthy bile in sufficient quantity is Nature's provision to secure regular action of the bowels, and when the liver is sluggish it is not working properly, and does not manufacture enough bile to thoroughly act on the bowels and carry off the waste products from the system, hence the bowels become clogged up, the bile sets into the blood, constipation sets in, followed by sick and bilious headaches, coated tongue, bad breath, heartburn, water brash, bad taste in the mouth in the morning, jaundice, floating specks before the eyes, etc. Miss Dian Clark, Myer's Cave, Ont., writes: "I take pleasure in writing you concerning the good I have received by using Milburn's Laxa-Liver Pills for a high liver. When my liver got bad I would have severe headaches, but I got better after I had used a couple of vials of your pills. "Milburn's Laxa-Liver Pills gently unlock the secretion, clear away all waste and effete matter by acting directly on the liver, and make the bile pass through the bowels instead of allowing it to get into the blood. "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."

LONDON DIRECTORY

with Provincial & Foreign Sections enables traders to communicate direct in London and in the Provincial Towns and Industrial Centres of the United Kingdom and the Continent of Europe. The names, addresses and other details are classified under more than 2,000 trade headings, including: MANUFACTURERS & DEALERS in London and in the Provincial Towns and Industrial Centres of the United Kingdom and the Continent of Europe. The names, addresses and other details are classified under more than 2,000 trade headings, including: EXPORT MERCHANTS with detailed particulars of the Goods shipped and their connections, or Trade Cards of: STEAMSHIP LINES arranged under the Ports to which they sail, and indicating the approximate sailing. One-inch BUSINESS CARDS of Firms desiring to extend their connections, or Trade Cards of: DEALERS SEEKING AGENCIES can be printed at a cost of 8 dollars for each trade heading under which they are inserted. Other advertisements from 10 to 30 dollars. A copy of the directory will be sent by post for 9 dollars, next cash with order.

THE LONDON DIRECTORY Co., Ltd.

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BUSINESS ESTABLISHED 105 YEARS

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

20 MINUTES

It's all. Twenty minutes after taking a ZUTOO tablet your headache will be gone. One of these little tablets—safe, reliable and harmless as soda—will cure any headache in 20 minutes. Or, better still, taken when you feel the headache coming on, a ZUTOO tablet will ward it off—slip it in the bud.

No Headache

Public Library Bulletin

Some new books for boys and girls, for May, from the Provincial Towns and Industrial Centres of the United Kingdom and the Continent of Europe. Under Poets' Command, F. S. Bragston; The Scout's History, L. C. Crump; Dangerous Mission, E. Marchant; Two Daring Young Patriots, W. P. Shevill; Lively Bit of the Front, P. F. Wray; The Camera Man, F. A. Collins; Magician's Tricks, H. Hutton; Harper's Afterlife Book; Book of Great Inventions, F. L. Dawson; The Head Boys, R. Key; Happy Jack, T. W. Burgess; Inventing for Boys, A. F. Collins; Wonderful World, J. M. Thompson; Roughs; Over Indian Trails; J. M. Thompson.

SWITZERA CURES ECZEMA

The following letter is a testimonial to the power of Switzera. This case was one of a wealthy family who had spared no expense. My son was afflicted with eczema on face and body for three and a half years, during which time I had him constantly under treatment, having had him to specialists in United States and Canada, also to noted mineral springs, and finally effected a cure. Was advised to try Switzera, one bottle of which cured him. I can heartily recommend this medicine to sufferers of the disease. Guaranteed and sold in Kingston by Mahood's Drug Store.

ROBINSON & WILTSHIRE GARAGE

All kinds of cars repaired promptly; cars washed; gasoline, oil, tires and automobile accessories. Chevrolet Car For Sale. 239 1/2 Bagot St. Phone No. 177.

Books And Their Authors

THE TRUTH ABOUT THE JAMESON RAID.

By John Hays Hammond. 50 Pages. The Marshall Jones Company, Boston, Publishers. It is now over twenty years since the Jameson-Raid plunged the whole civilized world into a state of excitement, but still it is with great interest that one reads this account of the inner workings of the party which organized the raid, and were responsible for it. John Hays Hammond was an American engineer holding a responsible position in the South African Mines, and as he was one of four men who were sentenced to death for their part in the reform movement which culminated in the South African War, he is well qualified to tell the story of the raid. He does so in this book for the purpose of showing how it did not occur through the influence of the British government, but was fostered by a band of men of various nationalities because the Kruger government was intrinsically corrupt and persistently refused to give the Uitlanders governmental representation although they paid nine-tenths of all the taxes of the South African Republic. In his little volume he follows the rise of the reform movement and tells how the plans for a revolution were made and how they were carried out. "If you want your grievances redressed, why don't you get guns and fight for what you call your rights?" Plans were made for a rising, which was to take place as soon as a sufficient amount of arms and munitions had been gathered up in the Transvaal. Under Dr. Jameson was to take part. The failure of the revolution was caused by Jameson's impatience, which caused him to make his raid too soon and the whole plot failed. But the plan was not an absolute failure, for it led up to the South African War, which ensured a better era for the people of that country. Mr. Hammond lays great stress upon the policy of watchful waiting adopted by the Kaiser in regard to the South African situation. He quotes the Kaiser's telegram to Kruger, in which he says that he was back the latter up against Britain. His opinion is that the conquest of South Africa was a part of the Kaiser's plans for 1914, but that this was frustrated by the coming of the South African war. In concluding he says: "It is not too much to say, then, that the Boer War, by removing the possibility of a formidable German military and naval base in what is now the Union of South Africa, contributed in no small measure to the approaching German defeat which is to rescue the world from a Teuton overlordship. This little volume is full of interesting facts and stories of a troublesome period in the history of South Africa. It is none the less interesting because of the lapse of time, but the author shows how the war of 1899 was but a preliminary to the war of 1914. This viewpoint is undoubtedly a new one, but at the same time it is quite logical, and the writer makes his point very well by his straight-forward narrative of events as they occurred in the latter years of the nineteenth century.

DAILY THOUGHTS FROM TENNYSON.

June 1st. Not once or twice in our fair island story, The path of duty was the way to glory; He, that ever following her commands, On with toil of heart and knees and hands, Thro' the long gorge to the far light has won His path upward, and prevailed.

June 2nd. A courage to endure and to obey; A hate of gossip pance, and of away.

June 3rd. If all was good and fair we met, This earth had been the Paradise. It never looked to human eyes Since Adam left his garden yet.

June 4th. My good blade carves the casques of men, My tough lance thrusteth sure, My strength is as the strength of ten, Because my heart is pure.

June 5th. O living will that shalt endure When all that seems shall suffer shock, Rise in the spiritual rock, Flow through our deeds and make them pure.

June 6th. Down with ambition, avarice, pride, Jealousy down; cut off from thy mind The bitter springs of anger and fear.

June 7th. To feel every cloud, that spreads above, And velleth love itself is love.

CAMION CARTOONS.

By Kirkland H. Day. 118 Pages. Price \$1.00. Marshall Jones Company, Boston, Publishers. To us uninitiated it might be explained that a "camion" is a large motor truck used for the transport of troops, food and ammunition from the supply depots to the front lines of the battlefield. Kirkland H. Day is an American who served with one of these trucks on the French front all through the retreat and advance of 1918, and he has written his impression of the life "over there" in a number of letters sent to his mother. These letters, when written, were not meant for publication, but the humor in them was so rich, and the cartoons which accompanied them so amusing, that a number of his friends decided that to publish them would be indeed worth while. So here we have his book of "Camion Cartoons." The letters which appear in the book tell only of the funny side of the war. Provided with a limitless fund of humor, the author has hidden the hardships, the dangers and the sorrows of war beneath a cloak of mirth, and he has shown how the troops really face the duties of active service. He says nothing of the shell swept roads, of the casualties and the desolation, but he says much of the small incidents which helped to make life at the front at least bearable. The cheerfulness and the irrepressible spirits of the author are infectious, and the reader finds real enjoyment in this little volume. The cartoons which illustrate it, all drawn by Kirkland H. Day, are gems of humor. Most of them show the artist's idea of what will happen when the war is completely finished and the boys are all home, while a few show some of the incidents at the front and in farmhouse billets. While not quite of the same style as Bainsfather's famous cartoons, they have decided merit, and the addition of the letters which accompany them makes the book one which will appeal to a large category of readers.

THIS SINS OF THE FATHERS.

By Ralph Adams Cram, Litt.D., LL.D. 114 Pages. Price \$1.00. The Marshall Jones Company, Boston, Publishers. Dr. Cram has devoted considerable study to the conditions which were responsible for the outbreak of war in August, 1914, not in any small or narrow way, but in the light of history from the days of the Roman Empire down to the present day. The results of his studies are contained in this book, which has just

PALE AND WEAK Despondent People

Over Their Condition to Weak Watery Blood—How to Regain Strength. Every woman's health is peculiarly dependent upon the condition of her blood. Far too many women suffer with headaches, pains in the back, poor appetite, weak digestion, palpitation of the heart, a constant feeling of weariness, shortness of breath, pallor and nervousness. Of course all these symptoms may not be present in any particular case. They are merely a warning that the blood is out of order, and that it is thin and watery, and if you note any of these symptoms in your own case, you should lose no time in taking the proper steps to enrich and purify the blood. Anemia—poverty of the blood—is a most insidious disease and if allowed to run will end in a complete breakdown of the system. Dr. Williams' Pink Pills are, beyond doubt, the greatest blood-making tonic offered the public to-day. For more than a quarter of a century they have been the stand-by of hundreds of thousands of people in all parts of the world. No other medicine has ever achieved such worldwide popularity, and the reason is that this medicine does what is claimed for it, enriches and purifies the blood, thus bringing new strength to every organ and every nerve in the body. In this way Dr. Williams' Pink Pills bring new health to weak despondent people. Among the many who speak highly of this medicine is Mrs. Louis D. Larsh, Windsor, Ont., who says:—"It would be impossible for me to recommend Dr. Williams' Pink Pills too highly. Some years ago I was very thin and pale; I suffered many of the symptoms of anemia, and always felt tired, depressed and weak. I had tried several medicines, but they did not seem to help me. Then acting on the advice of a friend, I began taking Dr. Williams' Pink Pills. Before I had used half a dozen boxes I was actually feeling like a new person and had gained nine pounds in weight. I continued taking the pills until I had taken a dozen boxes, and from that time I have always enjoyed the best of health. I freely write you this letter in the hope that some woman in need as I was, will see it and be benefited as I have been." Most of the troubles that affect mankind are due to impoverished blood, and will promptly disappear if the blood is built up and renewed. If you are ailing, give this greatest of tonic medicines a fair trial and you will not disappoint you. Dr. Williams' Pink Pills can be procured through any dealer in medicines, or will be sent by mail at 50c a box or 4 boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

NECESSARY PRECAUTION.

Gidley was paying his first visit to a riding school. "Here's your horse," said the instructor, and Gidley advanced gingerly and took hold of the bridle. When he examined his mount minutely, and, pointing to the saddle-girth, asked: "What's it got that strap around its waist for?" "Well," answered the instructor, without cracking a smile, "all our horses have a ounce of humor. They like to laugh, and sometimes when there are learners around we have to put on those straps to keep 'em from bursting their sides."

Capt. L. F. Tanner Gives Good Advice

Tells People Who Would Keep Young to Use Dodd's Kidney Pills.

Now Scotia Man Who Has Used Dodd's Kidney Pills for Pain in the Back Recommends Them to Everyone Who Suffers. Cole Harbor, Guysboro Co., N.S., May 30th (Special).—Capt. Levanter P. Tanner, a well-known resident here, is shouting the praises of Dodd's Kidney Pills. As a reliever of pain in the back he claims they are without an equal anywhere. He knows because he suffered severely with his back. He tried Dodd's Kidney Pills. He found in them the remedy he required. The Captain's other symptoms showed that his trouble came from bad kidneys. That's why Dodd's Kidney Pills cured him. They are a kidney remedy pure and simple. "My trouble started from hard work and colds," Capt. Tanner states. "I suffered with pains in the back, and at times from rheumatism. I often had headaches, and sometimes cramps in the muscles. I was often dizzy and had flashes of light before the eyes at times. I perspired quite a lot with the least exertion."

A New Canadian War Book.

Colonel George Nasmith, C.M.G., whose war book, "On the Fringe of the Great Fight," was so great a success, has now written another volume dealing with the war. It is entitled "Canada's Sons and Great Britain in the World War." The author went overseas with the first Canadian Division, and was at Ypres in April, 1915, when the first discharge of poison gas was made. It was he who first reported to the higher command the nature of this gas, and the steps necessary to render it ineffective. He is responsible for many reforms regarding the sanitary conditions under which the troops lived and fought, and by the very nature of his duty he was able to observe very clearly what was going on. His book tells the story, not only of the Canadian units, but also of many gallant English and Scotch regiments in action. He dwells chiefly upon the work of the Canadians, but the book is interspersed with records of the war on other fronts. He writes of Gallipoli, of the efforts of Japan, Italy and the other allies, of the blockading of the harbors at Zeebrugge by the British fleet and of the help given by the United States. The book is well illustrated with photographs and maps, and is a complete and up-to-date record of the war. It should be in very great demand as the popular history of Canada's part in the great world war.

YOU'LL LAUGH! CORNS LIFT OFF

Doesn't hurt at all and costs only few cents

Magical! Just drop a little Frezzone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers.

Miss Caroline H. King, author of the "Caroline King Cook Book," has returned from France, where she served as a dietitian at Base Hospital 118, where she was known among the soldiers as "Mother King." She is now giving tasks of "In France With a Frying Pan."

Donald Olive Stuart, who translated "The Life of Georges Clemenceau," from the French of Georges Lecomte, to be published shortly by D. Appleton and Company, has just been made professor of Dramatic Literature in Princeton University.

It is announced that a new volume of short stories by Joseph Hergeshelmer entitled, "The Happy End," is to be published this fall. Mr. Hergeshelmer's last book, "Jawa Head," published last January, is now in its third edition.

CHURCH NOTICES

St. Paul's Church—Morning prayer, 11 o'clock; Sunday school and Bible class, 2 p.m.; evening prayer, 7 o'clock. Preacher, Canon FitzGerald, M.A. St. Andrew's—Rev. John W. Stephen, minister, will conduct the services, 11 a.m. and 7 p.m.; Sunday school, 3 p.m. Students, soldiers and strangers welcome. Queen Street Church—Service held in Brock street church. Morning service, 11 o'clock, Dean Coleman, speaker. Sunday school, 2.45 p.m. Chalmers Presbyterian Church, corner Barrie and Clerg streets. Rev. R. J. Wilson, M.A., D.D., minister. Services at 11 a.m. and 7 p.m. will be taken by the Rev. Kenneth W. Barton, of Prescott. First Congregational Church—Morning service, 11 o'clock; evening service, 7 o'clock. R. D. Tannahill will preach at both services. Sunday school and Bible class, 3 p.m.; Young People's Society of Christian Endeavor, Monday, 8 p.m. Come to the services in a comfortable church and with a welcome. Princess Street Methodist Church—Rev. J. A. Waddell, minister. Service 11 a.m., Rev. B. Pierce, 7 p.m., in charge of the Y.M.C.A. Evangelistic Band, The Y.M.C.A. quartette will sing. Sunday school, 2.45 p.m.; Epworth League, Monday, 8 p.m.; Ladies' Aid, Tuesday, 2.30 p.m.; prayer meeting, Wednesday, 8 p.m. First Baptist Church, Sydenham and Johnson streets—Rev. J. S. La Flair, pastor. 11 a.m. subject, "God on Guard"; 2.45 p.m., Bible school; 7 p.m. subject, "Bargaining for Life." The ordinance of the Lord's Supper will be observed at the close of the morning services. The pastor will preach morning and evening. Calvary Congregational Church—Frederick Mackenzie will preach at both services, Morning service, 11 o'clock; evening service, 7 o'clock. The sacrament will be received at the close of the evening worship; Bible class and Sunday school, 3 p.m.; young people's meeting, Wednesday, 8 p.m. All are welcome. Brock Street Methodist Church—Rev. D. A. Lough, minister. Services at 11 a.m. and 7 p.m. Dean Coleman will preach at the morning service. The Young Ladies' Club will conduct the evening service. Sunday school, 10 a.m.; Beginners' and primary classes, 11 a.m.; Ladies' Aid, June 5th at 8 p.m. Sydenham Street Church (Methodist)—Rev. W. T. G. Brown,

Minister. Services, 11 a.m. and 7 p.m. Morning preacher, Rev. Prof. Jordan, of Queen's University; evening preacher, Pte. Louis Joffe will speak on "The Fall of Russia." Mr. Joffe was in Russia at the time of the fall of the empire. Men's Club, 2 p.m.; Bible school, 7.45 p.m.; Monday, 8 p.m., Epworth League; Wednesday, 8 p.m., prayer meeting. Everybody welcome. Bethel Congregational Church, corner Barrie and Johnson streets—Charles Patterson, pastor, will preach at both services, 11 a.m. subject, "Second Coming of Christ. What it Means to the Believer"; 7 p.m., "What it Means to the Unbeliever." Sunday school and Bible classes, 3 p.m.; prayer meeting, Wednesday, 8 p.m.; Y.P.S.C.E., Friday, 8 p.m. Cordial welcome is extended to all. First Church of Christ, Scientist, Johnson street, between Bagot and Wellington streets—Sunday school, 9.45 a.m. Service 11 a.m., subject, "Ancient and Modern Necessity, alia Metherism and Hypnotism, pronounced." Wednesday, 8 p.m., testimonial meeting; public reading room, same address, open every afternoon, except Sunday, 3 to 5 o'clock. All are cordially invited to the services and the reading room. St. George's Cathedral—Vary Rev. G. Lothrop Starr, M.A., D.D., Dean and rector, 78 Wellington street, phone 2166. Rev. Cecil Whalley, M.A., B.D., priest vicar, 164 King street, telephone 1444. Sunday after Ascension, 8 a.m., holy communion; 11 a.m., choral communion service; 3 p.m., Sunday school and bible class; 4 p.m., holy baptism; 7 p.m., evensong. Soldiers and strangers welcome. Cooke's Presbyterian Church, Brock Street—The minister, Rev. W. Taylor Dale, will preach at 11 a.m. and 7 p.m. Communion will be observed at the morning service. Beginners' and primary Sunday school classes at 11 a.m.; Main school and bible classes at 3 p.m. A cordial welcome to any of the services is extended to all. St. Luke's Church, Nelson street—Rev. J. de P. Wright, M.A., B.D., rector. First Sunday after Ascension Day, 11 a.m., morning prayer and Holy Communion; 2.45 p.m., Sunday school and Bible class; 4 p.m., holy baptism; 7 p.m., confirmation service, conducted by Bishop Bidwell, Musler, Anshur, "Conquering Kings Their Thrones Take." A. Pardoe, Mrs. T. W. Morris and choir; anthem, "Even Me." Mrs. H. Horton and choir, Soloists, organists and visitors cordially invited to attend. The death occurred on Wednesday at Carleton Place at the home of her daughter, Mrs. M. Garvin, of Mrs. Thomas Jenkins, aged eighty-one, mother of W. G. Jenkinson, Brockville. Flying machines are used by air castle dwellers.

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Lv. Bath 6.00 a.m. Lv. Stella 6.20 p.m.

Lv. Stella 6.30 a.m. Lv. Bath 6.50 p.m.

Av. Kingston 11.00 a.m. Av. Brockville 7.30 p.m.

Effective June 3rd. Twice Weekly. Tuesdays and Thursdays.

Returning reach the city at 9 p.m. Take this evening trip and enjoy four hours' sail on the beautiful Bay of Quinte. Str. Brockville for charter for excursions and parties. Telephone 228 for particulars.

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