

DOES MONEY EVAPORATE?

Money spent on medicinal preparations often does! In this way—You buy a preparation, use perhaps a third of it, and put the remainder on the shelf. When next you need it—**and for use!** Two-thirds of the money value of your expenditure has "evaporated."

Just there is where Zam-Buk is so different—so superior! Zam-Buk is not only 100 per cent. medicine, but, owing to its freedom from animal fat, it never becomes rancid, but will keep indefinitely. Buy a box to-day, use what you require, put the remainder away, and when you have occasion to use it again, you will find its healing, soothing and germ-destroying powers just as effective as the day you bought the box!

Zam-Buk stops bleeding, ends pain, draws out soreness and prevents blood-poisoning in cuts, burns and scalds. Without equal as a remedy for eczema, sores, piles, ulcers and blood-poisoning. 50c. box.



CUT THIS OUT

OLD ENGLISH RECIPE FOR CATARRH, CATARRHAL DEAFNESS, AND HEAD NOISES

If you know of some one who is troubled with Catarrhal Deafness, head noises or ordinary catarrh, cut out this formula and hand it to them and you may have been the means of saving some poor sufferer perhaps from total deafness. In England scientists for a long time past have recognized that catarrh is a constitutional disease and necessarily requires constitutional treatment.

Sprays, inhalers and nose douches are flat to irritate the delicate air passages and force the disease into the middle ear, which frequently means total deafness, or else the disease may be driven down the air passages towards the lungs which is equally as dangerous. The following formula which is used extensively in the damp English climate is a constitutional treatment and should prove especially efficacious to sufferers here who live under more favorable climate conditions.

Secure from your druggist 1 ounce of Parment (Double strength). Take this home and add to it 1/2 pint of hot water and a little granulated sugar; stir until dissolved. Take one tablespoonful four times a day. This will often bring quick relief from distressing head noises. Clogged nostrils should open, breathing become easy and hearing improve as the inflammation in the eustachian tubes is reduced. Parment used in this way acts directly upon the blood and mucous surfaces of the system and has a tonic action that helps to obtain the desired results. The preparation is easy to make, costs little and is pleasant to take. Every person who has catarrh or head noises or is hard of hearing should give this treatment a trial.

Neuralgic Pains

Give Way to Soothing Hamlin's Wizard Oil

Hamlin's Wizard Oil is a safe and effective treatment for headache and neuralgia. Rubbed in where the pain is, it acts as a tonic to the tortured nerves and almost invariably brings quick relief.

Its healing, antiseptic qualities can always be relied upon to prevent infection, or other serious results, from sprains, bruises, cuts, burns, bites and stings. Just as good, too, for sore feet, stiff neck, frost bites, cold sores and cancer sores.

Get it from druggists for 30 cents. If not satisfied return the bottle and get your money back.

Ever constipated or have sick headache? Just try Wizard Liver Whips, pleasant little pink pills, 30 cents. Guaranteed.

Good Advice For Nervous People

WHAT WORN, FRAZZLED, UNSTRUNG, "JUMPY" NERVES REALLY NEED

When you are run down, out of sorts, tire easily, have lost confidence in your ability to do things, and ambition seems to have deserted you it's a sure sign your nerve force has run down and that your nerves need a stimulant to restore to your system its old-time strength and energy, and bring back the good old pep that used to make you famous.

Your druggist and many other of the leading drug stores in Kingston and vicinity, are selling a wonderful nerve remedy called Ferro-Peptine on a positive guarantee of satisfaction or money back. It's amazing how quickly Ferro-Peptine tones up the entire system, calms and steadies the nerves and puts vim, vigor and vitality into men and women who are fagged out, nervous, despondent and ambitionless.

Thousands testify to their remarkable value in cases of severe mental depression, nervous prostration, nervous dyspepsia, trembling, "jumps," "fidgets," and the generally unstrung nerves that come from excessive work, worry, lack of sleep or over-indulgence in drinking, eating or smoking. They never fail to benefit. If you are blue and feel as though you didn't give a hang, or are cross, irritable, and your nerves are right on edge, get a package of Ferro-Peptine right away. It comes 42 tablets to a box. Eat one with every meal for a few days, and see what a wonderful improvement they make in your whole nervous system.

It is easier to be wrong than it is to be prudent. Familiarity with danger is apt to breed contempt for it.

English People Dislike

Frame Houses Like Those

Used in Canadian Cities

THE prejudice being exhibited in England toward frame houses seems curious to the Canadian mind. Not many frame houses are built now in the larger cities, because fire regulations and the high cost of lumber stand in the way. The severity of the winters makes brick or stone more substantial. But England has a climate that resembles the British Columbia coast, and in Vancouver, Victoria and other coast cities the frame residence is the regular thing. And in the hands of British Columbia builders, who are so familiar with timber and woodwork, they become things of beauty. The attempt to introduce frame dwellings in England does not arise from an excess of lumber, or cheapness of it, but simply because the materials for a sufficient number of brick or stone houses cannot be obtained. Army huts, tents, river boats and shacks are occupied by hundreds of thousands of people waiting for more houses. The Government housing plan contemplates the erection of at least 300,000 more dwellings, but like most Government plans, the scheme gets great advertising with little result.

Dr. Addison, Minister of Health, recently stated that in England 500,000 houses were required. Housing schemes provided for 40,000, and of these about 8,000 were being erected. It may be mentioned that in 1919 Toronto alone is building 2,500 new houses. Such slowness creates a demand for a substitute. The editor of the Spectator, J. St. Leo Strachey, advocates cottages of rammed earth, technically known as "pise en terre." Others are booming hollow concrete blocks. But the wooden house is most favored, and the newspapers have been conducting an education campaign. Wooden houses are rare, but not unknown. In Kent and Essex "weatherboard" houses have stood the test of a hundred years. The economic argument for them seems unanswerable. "Mill-cut" cottages can be erected at a cost of about \$1,400, against \$2,000 required for a small brick or stone house. In larger houses the cost would be from two-thirds to one-half that of brick houses. Dr. Addison objects to the scheme, however, because, he says, the "mill-cut" houses are only four walls with a roof clapped on. He figures they are, in the end, only 6 per cent. cheaper than substantial brick houses, and claims that the damp climate is against them. But British Columbia has a damp climate, and so has Norway, where frame houses abound. The fire risk is met there by having detached dwellings, located in the small towns and villages in such a way that risk is kept to a minimum.

A very substantial difficulty in the way is the obstruction offered by the local ordinances or "by-laws" in most districts. The requirements imposed by these by-laws are often absolutely prohibitive of the erection of any wooden houses. But the Ministry of Health has the power to supersede them by general regulations of its own, and it was announced a few days ago that steps are to be taken in this direction. The Ministry declares itself eager to investigate the whole question, and to that end it has accepted the offer of the Agent-General for British Columbia to send over a sample house, which is to be placed on public view, so that its advantages and disadvantages may be impartially weighed. In contrast with this is the offer of William F. Regan, once well known in the mining world, who undertakes to deliver in various English ports 60,000 American wooden houses within one year, at the rate of 5,000 every three weeks, from a given date, at prices ranging from £250 to £750 each. These, he says, will not be disreputable, cast-off, worn-out army huts, but artistic residences, furniture saving, labor saving, warm in winter, cool in summer, and fit for any man to occupy, be he a workman or a capitalist.

As the situation is to-day, the question of the comparative merits of the wooden and the brick house is rapidly becoming irrelevant. The wooden house may be cheaper or dearer than the brick house; it may be less durable or more; it may run greater risks of being burned down or it may not; it may or may not be as comfortable as the house in which the Englishman has hitherto been accustomed to live. The great thing is that the wooden house is a house. Every other consideration is nowadays beside the point. It is no longer a question of the ideal place to live in. There are tens of thousands of people in England just now who would jump at the chance of getting a house of any kind or pattern. At the Manchester City Council recently it was declared that if the building of municipal houses proceeded only at the present rate it would be twenty years before the local building scheme was completed. The shortage affects the middle and working classes alike, and it extends all over the country.

"Wrang In His Heid."

A North countryman, charged with having set fire to a large hayrick, was defended on the ground that he was not altogether responsible for his actions, relates the Edinburgh Scotsman. One of the witnesses testified to the belief that the prisoner was "wrang in his heid." "Can you mention any occasion on which the prisoner behaved in a manner to warrant your statement?" he was asked by the learned counsel. "Yes," answered the witness. "Once at work he got half a crown too much for his wages and—" "Well?" said the counsel, as the witness hesitated. "He took it back to the manager," concluded the witness.


The average man's acquaintances are filled with astonishment when they see him tackle a glass of near beer.

If there were no other fools in the world we would be more dissatisfied with ourselves than ever.

The man who has nothing to say isn't always conscious of it until after he has tried to say it.

Women ought to make good legislators. Many a man can testify that a woman's word is law.

To-day or Saturday Your Last Chance



You know the "why" of the Victory Loan 1919.

You know that Canada's prosperity depends upon the success of the Victory Loan.

You know that if the bonds are not sold every industry in the country must suffer.

You know that if industry suffers thousands of people will be without employment.

You know the hardship and suffering that follows lack of employment.

You know that an investment in Canada's Victory bonds is secure beyond discussion.

You know that 5 1/2% is a good rate of interest on a secure investment.

You know that Canada's Victory Bonds can be turned into cash at any time.

You already know that Canada's Victory Bonds are likely to increase in value.

You know that you, like every other citizen, have a responsibility to Canada in this matter.

You know that your employer (if you are a worker) will help you to finance your purchase of bonds.

You know (if you are an employer) that it is your duty to assist your employees to buy bonds by helping to finance them.

You know that the banks are prepared to help you to buy bonds, and that you should ask some banker for information.

You know that if you have not bought as many bonds as you can possibly pay for now, and with your future savings, that you have not bought as many as you should.

You know you have just two days left, to-day and to-morrow, so make up your mind NOW to do your full part and buy as many as you can of

Canada's Victory Bonds 1919

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

He knew the Cause. At an engineer's shop the proprietor had one man upon whom he could rely for being punctual to his time. Just recently he had fallen from this habit, and on several occasions has been late. He was behind-time a few mornings ago and the proprietor called him into his office. "Can't you manage to get here at your old time, James, as you used to do?" he said. "I can't sleep nights now, sir, and it makes me late sometimes, but I will try and alter it," replied the man. If it is sleeplessness you suffer from, James, why don't you consult a doctor, and find out the cause?" "Oh, I know the cause, sir, it is six weeks old."

Made a Difference. They had just been introduced to each other at the reception. Presently the younger girl, glancing at a man who had recently entered, remarked: "I can't think what the matter is with that tall, dark man over there."

Just before you came he was staring hard at me, and looked as though he wanted to be introduced. Now he's looking at me. I wonder what he's thinking about."

"Perhaps," said the other, "it's his wife!"

The man with horse sense knows when to say say. The brave conductor deserves the