

HOW TO GAIN FLESH

Remarkable Statement of Woman Who Was Nothing but Skin and Bones

You have heard the old adage, "Laugh and Grow Fat", but this woman tells of a more reliable method...

What Shall I Be? Answered for Girls

Farm Tractor Expert FRANCIS BOLT-WHEELER One of the most important developments in farming nowadays is the use of the tractor...



LETTER FROM UNCLE SI

Dear Children: It was yesterday, sun up when these fellows what are always advising you about your health...

Attention!

The teacher was explaining the tenses in English. "Now, Willie, suppose I have a million dollars. What tense would that be?"

What Shall I Be? Answered for Boys

Insurance Saleswoman CAROLINE M. WEIRICH The changed conditions brought about by the vote and the war will enable girls to enter the insurance business on more equal terms with men...



Beaver Board Red or White Cedar Shingles It will pay you to see our stock of Shingles before buying elsewhere. Always a good stock of Rough and Dressed Lumber Allan Lumber Co. Phone 1042. : : : Victoria Street

A GREAT BARGAIN "CRYSTAL" ELECTRIC WASHING MACHINE ..... \$150.00 Worth \$175.00. One only at this price. HALLIDAY ELECTRIC CO. 345 King Street - - - Phone 94

If your wife became a widow to-morrow, where would she turn for the regular income you have always provided? The Manufacturers Life Insurance Company HEAD OFFICE, TORONTO, CANADA M. G. JOHNSTON, Branch Manager Kingston, Ontario.

Special Notice We regret to announce that owing to contingencies which have developed entirely beyond our control, we will be unable to occupy our premises at 186 PRINCESS STREET for an indefinite period, presumably July 1st.

JUTE BAGS WANTED We will pay highest prices for all kinds of Jute Bags. Get in touch with us. A. SPEIZMAN 60 QUEEN ST., KINGSTON

SPRING CLOTHES OF THE FINER QUALITY For Men And Young Men SMART NEW MODELS IN SPRING SUITS AND TOP COATS \$25.00 to \$50.00 (All prices between) BEST WEARING CLOTHES VALUES -at- TWEDDELL'S One Door Below Randolph Hotel.

HOUSE CLEANING SUPPLIES We have everything you need to help you clean house. By using our Brooms, Brushes, Cleanser, Polishers, etc., you will be able to clean house with very little trouble. C. H. PICKERING 490-492 PRINCESS STREET Phone 530.

Removal Notice PATTON'S DYE WORKS Formerly known as Montgomery Dye Works Has now moved to 349 Princess Street Now ready for business. All kinds of Cleaning and Dyeing will be carried on as formerly. M. F. PATTON, Proprietor. Phone 214.

A Woman's Right is to enjoy good health. The secret of good health is chiefly to maintain normal activity of the stomach, bowels, liver, skin and kidneys. BEECHAM'S PILLS Largest Sale of Any Med. in the World. Sold everywhere in Canada. In boxes, 25c., 50c.

FOR SALE One excellent Express, or Farmer's Wagon; 1 1/2 inch gear and wheels which are almost new. A snap for somebody. Also one milk wagon rebuilt. Splendid value at the price. McNAMEE & SLACK 54 QUEEN STREET PHONE 1217V.

G. Hunter Ogilvie Agent for Excelsior Life Insurance Company Representing: RYAN, GRIER AND HASTINGS, Members of the Montreal Stock Exchange. Insurance and General Broker. 281 King Street Phones : : 568j & 1087

Kingston Co-operative Society, Ltd. -Dairy Butter. -Fresh Maple Syrup. -All kinds of Oleomargarine Telephone 469. Deliveries daily. Closes at 1 p.m. Wednesdays. B. O. SMITH, Manager.

MATTRESSES Don't throw away your old Mattresses. We renovate all kinds and make them as good as new. Get our prices. Frontenac Mattress Co. 17 BALACLAVA STREET Phone 2106w

Many a farmer will pay well to have some valuable piece of machinery put into repair, and while some agricultural implement firms send repair men, not all of them do. A young fellow can make a connection with an agricultural implement firm and either on pay, or on his own—can make an arrangement with all the farmers in the district to keep their machinery in repair. Many a man who has refrained from buying tractor machinery because he is not a machinist would be glad to invest if he knew the machine would be kept in order. A young fellow who was a tractor expert, therefore, could not only get pay for his work, but probably could sell a large number of machines, securing a big commission on his sales.

Good Night Stories By Blanche Silver Billy Bumble Bee Loses Some of His Concoit. Billy Bumble Bee certainly was a conceited old fellow. In Billy Bumble Bee's estimation Bill Bumble Bee was the mainstay of the meadow. When he darted toward a flower castle everybody else went about their own business. None stopped to question his right, no matter what they thought down deep in their hearts. Billy Bumble Bee was Billy Bumble Bee, and the sooner folks knew it

YOU'LL LAUGH! CORNS LIFT OFF Doesn't hurt at all and costs only few cents Magic! Just drop a little Frezzone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers.

Try Frezzone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and callouses, without one particle of pain, soreness or irritation. Frezzone is the discovery of a noted Cincinnati genius.

the better off they were, so Billy Bumble Bee gave them all to understand. He buzzed around the flower castles as if he owned the very ground they stood on. "My voice is louder than any other of the bee family, so why shouldn't I be boss!" buzzed Billy Bumble Bee. And if he happened to stop at a castle door and found another bee there he always made a terrible fuss about it. One day as he sallied over the meadows Billy Bumble Bee spied a tiny bee trying to make the keeper of the Primrose Castle open his beautiful yellow doors. Billy Bumble Bee roughly pushed the little

Pencil Twister CAN YOU CHANGE THE PAIR OF BOY'S TROUSERS INTO A BASEBALL PLAYER? Answer to Yesterday's

Seven Sentence Sermon. The only way to reach a man is to get near to him with your love.—Cortland Myers. A man has only as much religion as he can command in the time of trouble.—Andrew Fuller. Never set your tired feet On the by-path of retreat. —Sam Walter Foss.

Do today's duty, fight today's temptation, and do not weaken and distract yourself by looking forward to things which you cannot see, and could not understand if you saw them. —Charles Kingsley.

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GRAND TRUNK RAILWAY SYSTEM AGENCY FOR ALL STEAMSHIP LINES For information and rates apply to J. P. Hanley, C. P. & T. A., G. T. Railway, Kingston, Ontario.

CP LOS TO EUROPE From Quebec To June 9, Victorian, Liverpool July 6, Emp. France Lp'l July 14—Emp. France Lp'l From Montreal To June 8, Scand'n Smit. Ant. June 12, Emp. France Lp'l June 13—Corsican Liverpool June 19—Mellia Liverpool June 23—Sicilian Glasgow June 25, Gram'n Smit. Ant. June 28, Scotlan Hayre Lon July 1—Munich, A. Liverpool

CUNARD ANCHOR ANCHOR-DONALDSON REGULAR SERVICES MONTREAL—GLASGOW May 29 July 2 Aug 7 Cassandra June 12 Aug 11 Aug 21—Saturday N. Y., GLASGOW, (via Haville) July 20 July 21 Aug 25 Columbia NEW YORK—LIVERPOOL June 18—Vestris July 2 Aug 11—\*K Aug. Vict. N. Y., Pir., Cher. and Southampton June 24 July 29 Sept. 5—Caronia N. Y., Pir., Cher. and Southampton June 25 July 29 Sept. 11—Royal George N. Y., CHERBOURG & SOUTHAMPTON June 19 July 17 Aug. 14—Imperator July 21 Aug. 28 Sept. 25—Aquitania N. Y., PATRAS, DUBROVNIK, TRIESTE June 19—Pannonia N. Y., DUBROVNIK & TRIESTE June 8—\*via Queenstown

For rates of passage, freight and further particulars apply to local agents or THE ROBERT REPOD CO. LTD. GENERAL MANAGERS 50 KING STREET EAST TORONTO, ONT.