

STOMACH AND LIVER TROUBLE

Once the liver fails to filter the poisonous bile from the blood, there is a clogging up and poisoning of the whole system, which causes many troubles to arise. Therefore, upon the liver, more than any other organ of the body, depends the general health.

Carelessness and neglect, and oftentimes willful disregard of nature's laws will put the system out of sorts. The bowels become constipated, the liver inactive and the stomach upset. To bring the system back to its normal state, you should take Milburn's Laxa-Liver Pills. They live up the liver, get the bowels back to their proper condition and tone up the stomach.

Mrs. G. L. Cackett, Enchant, Alta., writes: "I have used Milburn's Laxa-Liver Pills and have found them good for both stomach and liver troubles. I have told others about your valuable medicine and they have used them with good results."

"They are also good for headache." Milburn's Laxa-Liver Pills are 25c a vital at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

WOOD

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Phone 133

Careless Shampooing Spoils the Hair

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and ruins it. The best thing for steady use is just ordinary multifid coconut oil (which is pure and greaseless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get multifid coconut oil at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.

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200 lbs. Choice Shoulder and Pot Roasts at 20c and 25c. a lb. while they last.
100 lbs. Stewing Beef at 15c. to 25c. a pound.
Choice Lamb Chops, Pork Chops, Steaks.
All kinds of Smoked Meats, etc. Please put your orders in early.

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A Logical Conclusion.

"Biddy," remarked the newly wed Irishman, "go down and feed the pigs."
"Faith and I will not," replied the bride. "Biddy," retorted the husband "Haven't I just endowed you with all my worldly goods, and if you can not feed your own property, then it's ashamed of you I am."
This was a new point of view, so off Biddy went.
Presently she returned.
"Have you fed the pigs, Biddy?" demanded her husband, sternly.
"Faith, and I have not," she answered. "I have done a great deal better. As they were my property I have sold them, and shall not be bothered with them again."

Ninety-nine per cent. of the women of India are illiterate.
In Siberia it is colder on the ocean than on the land.

There's a Rich Snappy Flavor to **INSTANT POSTUM** that coffee drinkers like, and it's more healthful

There's a Reason

THE SCHOOL CHILDREN'S PAGE

The Clan of North America

II. Good Government

FRANCIS BOLT-WHEELER
In the great Juvenon controversy, the High School teachers had taken a prominent part in the discussions concerning the Independent Camp. With two exceptions, the teachers had agreed that the plan was possible, if well organized and under trained leadership. Accordingly, during the spring term, extra classes were given in Economics and Government, and those who knew they were going to be members of the Camp went to those classes like hungry lumberjacks going to a meal.

During the Easter vacation, a poll had been taken of all those who were able to go. A printed application had been prepared asking the applicant's qualifications as a camper. These must be signed by both parents. Over four hundred wanted to go, but only seventy were accepted: seventy items



Indian Chiefs' Yarns

Heavy Runner
JAMES WILLARD SCHULTZ
(Author of "In the Great Apache Forest," etc.)

When, in 1855, the Blackfeet tribes gathered at the Missouri and Judith Rivers, to make a treaty with Washington they signed one because of the persuasion of Heavy Runner, a chief of the Pikuni tribe. The treaty recognized a vast Blackfeet hunting ground, and it expressly provided that while the whites might make trails and travel through this country, they were nowhere to make homes in it.

In 1863, gold was discovered in a favorite hunting ground of the Pikuni, where the city of Helena now stands. White men flocked to the rich places and began to build a town. This was the lake of Ontario, a certain robust citizen, known to all and sundry as John the Baptist. Now this citizen was a man loved and respected, and for many years he did hold an high and honourable place in the councils of the city being elected there to by the good people of the neighborhood in which he dwelt.

In December, 1869, President Grant

of young manhood and young womanhood. Did they believe in themselves? To the first week of the term, a formal political campaign was undertaken among the seventy. From the very start there were two parties. The Conservatives advocated the establishment of the camp on a farm near the town. The Progressives urged a site for the camp far from the town and on the edge of the Big Woods. For the week of the campaign, the town was in a ferment, for every one, old and young, was interested in the Camp.

When the vote was taken, the spirit of youth and optimism showed itself uppermost. Forty-nine votes were cast for the Big Woods, thirty-one for the Farm. The die was cast. The Juvenon Independent Camp was to be really "on its own," not a mere vacation-ground near home.

This meant serious business, and as a heavy responsibility would fall upon the leaders, the duty of nominating and electing these became of vital importance. (Tomorrow: Camp Departments.)

Voltage.

The small son of a well-known electrical engineer is more familiar with the appliances of modern civilization than with the small things of nature, and when visiting the country, unhesitatingly picked up a hornet to more closely inspect its mechanism. When his father hurried out to discover the cause of the commotion which immediately broke the peace of the summer day, the little lad was ruefully sucking a thumb, while tears streamed down his face.

"Why, what is the trouble, son?" he was asked.
"It was that bug," he managed to explain between sobs. "I think his wiring is defective. I touched him and he wasn't insulated at all!"—Philadelphia Public Ledger.

A Little Child Shall Need Them.

Mr. Daniels, the minister, was being entertained at dinner. Little Ralph was allowed to be present.

"Do you always say your prayers at night, my little man?" asked the guest.
"Yes, sir," was the boy's prompt reply, "and mother does, too."
"That's right. And father says his too, doesn't he?"

"No, sir," said Ralph. "He don't have to say any prayers."
"Why, what do you mean?" asked the minister.

"He don't have to," repeated the child, "because he never gets home until it's broad daylight, and then what is there to pray about?"—Pittsburg Sun.

Early Hand Training.

It takes skill to build a modern bridge, skyscraper or ocean liner. The reason is that it is exceptionally busy in enterprises of the kind which takes just this kind of skill. In fact, the man who has ability in the line of "doing things," is the man of the future. Skill can be acquired by nearly everyone through persevering effort, but the greatest skill and efficiency comes to those who lay a good foundation of it before they are fifteen years old. There is no need to deny this fact. Plenty of proof exists. Do you catch the point, boys? If your public school gives you good training, make the best of it. If not, get hand training somewhere in some way.

People Like All-Around Fellows.

It isn't always the boy who gets the most A's and 100's who makes the finest, biggest man later on. The boy who studies hardest doesn't do anything else, and then he is not an all-around fellow.

It is the all-around fellow that people like and he is the one that makes the biggest success.
One thing an all-around boy must do is learn what is going on all over the world. When he reads the newspapers, and he reads them almost every day, he doesn't look at just one small corner. He looks at everything. People are doing so many interesting things to-day, it is very interesting to get in the habit of reading about them. Look again at the front page of this newspaper.

The How Of It.

Mary Wilkins Freeman, the famous novelist, was talking at a New York luncheon about the terrible con-

Usurer and Ape

And the Memory-Man said:
There was once a Miser, or Usurer, who lent out money and had grown very rich. He lived in a perpetual torment, because, nearly every day, he found that his count of the money he should have had was incorrect.

This was because an Ape, which he had taken as payment of a debt, and which lived with him in the house, had the habit of snatching a piece or two of the money while the Usurer was not looking and throwing it out of the window.

Then, one day, the Usurer found a fellow picking up coins outside his window and took him to the Magistrate, asking that he should give back the coins.

"Not so," said the Judge, "for you, who hoard your money, and do no good to anybody with it, are no better than your Ape."
The value of money depends on how it is used.—R.W.

A Dress for Everything

"Oh Mother, I would like a summer frock, one that I could wear for almost every occasion, and which really would last and look pretty as well. What material could I buy which would suit all those purposes?"
"You ask quite a lot, Winifred, but it can be done. Choose some good fine-woven, all-wool flannel, white, or cream, or very pale gray. Make your dress very simple, falling straight, in one piece, no trimming at all, except for one large bright-colored scarf around your waist. It will be very good looking for an afternoon frock. For a dance or party, wear over it a slip, gracefully draped of light-colored, cotton chiffon. It will look really elegant and distinctive. For sport or work, a back satin or leather girdle will be enough. Remember: flannel can wash, never cracks like silk, keeps cool and warm at the same time, and you can dye it, next year."
—GEORGETTE BEUREY.

No, Johnny

said the teacher, "they never dream of come from sleeping on a straw bed."

Daily Twelve-Syllable Rhyme

Just to cram
An exam
Means your work
Is a sham.

All men belong to one of two groups

those who lead the world onward too far, and those who drag it back. Progress is made by neither group, but by the balance between the two.

Oujia

"Believe not every spirit, but try the spirits whether they are of God; because many false prophets are gone out into the world." 1 John, 4th chapter, 1st verse.

Controversy between President Wilson and Senator Lodge over the League of Nations.

"Mr. Wilson," she said, "had the vision, but Mr. Lodge is determined to have the revision."—Detroit Free Press.
Thomas Edison has patents on more than 900 inventions.

"When you are eager to criticise, just stop a moment and put yourself soberly in the place of the person you wish to criticise; rest on his dignity and on what you are sure must be good intentions. Reflect on your own ignorance of the facts he has to deal with. You will be surprised to learn how much tamer your tongue grows."

MODERN FABLES.

1, John, the Master Builder.

Once upon a time, not so many years ago, there lived in the city of the King, which lies on the shore of the lake of Ontario, a certain robust citizen, known to all and sundry as John the Baptist. Now this citizen was a man loved and respected, and for many years he did hold an high and honourable place in the councils of the city being elected there to by the good people of the neighborhood in which he dwelt.

But, alas, the time came when his actions aroused the ire of those who toiled in the city, building houses of brick and of stone, and in their anger they turned and cast him out of their council in one memorable election fight, so he remained thereafter in the comfort of his own dwelling.

This man John, whom no trouble had ever "lit on" was by profession one who built mansions for the wealthy and hovels for the poor. By great business acumen he had gathered to him a goodly store of riches. His business gift secured for him many a tasty morsel of architectural labour, none more tasty than that of building an edifice in which the poor war-torn veterans of the Great War had their gas burnt lungs revived. By dint of much foresight and energy, he thereby raked in many shekels which are called "greenbacks."

But, alas, this could not last for ever. One day came when John, the master-builder, met another, and in the battle of wits he was sorely discomfited. It so happened that a certain edifice in the city of the king was about to be built, the building of which promised much return in coin of the realm. And as was the custom of the city in those days, a call was sent far and wide for builders to vie one with the another for the honour of building it and thereby increasing their store of lucre. Prominent among those who heard the call was one great company with a two-fold name, one that of a man who in years gone by had been the chief councillor of the city, and another that of the tall straight tree whose silvery trunk is a glory to behold. And this company, fearing this John the builder, who also desired greatly to build the edifice, called him into council.

John said their spokesman, "we know that thou art a great builder. Few in this city of the king can equal thee. Tell us, we pray thee, how much in coin of the realm dost thou ask for thy portion of the work on this edifice?"

But John answered not. In the vulgar parlance of this day which he grievously scorned and despised, he smelt a rat. "What assurance have I," he asked, "that ye will me do the work if I give ye my price?"

"Fear not," replied the spokesman, "we are an honourable company. Have we not built many mansions for our kindly government? Thou shalt be given the work. Tell us the price, and the task shall be thine. Have no fear of that."
So John the builder took counsel with himself, and forthwith set his price at four thousand pieces of silver, plus one per cent. of the value of one green back. Then he departed to await the commands of the honourable company to begin the task.

But the command came not, so once more John went into solemn conference with the spokesman of the company. "Why is it," he asked, "that I have not been commanded to do this work, as was agreed upon?" "Have no fear," was the reply. "Ye shall do this work, and for the efficient performance thereof, this generous company shall pay thee in coin of the realm two thousand greenbacks. Whereat John was sorely vexed indeed twice, three times did he call to mind the promise of the company that he should do the work. "Yes," said the company, "thou shalt do the work. None as a builder is more excellent than thou. We desire to have thee erect this edifice, but we will only pay thee two thousand greenbacks. Dost thou not recall, we only asked thee thy price. We did not tell thee what we should pay."
And so it was that John the master-builder met his masters swearing that never again would he be persuaded to give his price to the great and honourable company, he departed to his dwelling, to wear sackcloth and heap ashes on his head for many moons.

signed office while on an official visit to England, has published a statement which claims that he was seriously embarrassed regarding the wool negotiations and finance by the prime ministers' interference. It soon became plain to the British authorities concerned and himself that as Premier Hughes was cabinet direct to the British government propositions which differed from

those presented by himself such important negotiations could not be simultaneously conducted by telegram with the prime minister in Australia and by himself in person.

Mr. Watt further said he was advised by his government that he had been appointed Australian plenipotentiary in connection with the Spa conference but at the same time was naively directed not to agree to any alterations in certain matters without Premier Hughes' approval.

"I replied that I could not assume the garb of plenipotentiary with the powers of a telegraph messenger."

Mr. Watt concluded by inviting Premier Hughes to publish the telegrams exchanged between themselves.

Pembroke Bonds Sold.

Pembroke has sold a bond issue of \$37,439 to Asmillus Jarvis & Co., Toronto. The bonds bear six per cent. and are ten instalments. At the sale price of 96.50 the town borrows on a 6.75 basis.

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