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When the liver becomes slow, sluggish and torpid it is not working properly and does not supply sufficient bile to thoroughly act on the bowels and carry off the waste products of the system, hence the bowels become clogged up, the bile gets into the blood, constipation sets in and liver troubles follow among which are, sick or bilious headaches, heartburn, water brash, jaundice, floating specks before the eyes, pain under the right shoulder, coated tongue, bad breath, yellow eyes, etc.

LAXA-LIVER PILLS quickly remove the secretions, clear away the effete and waste matter by acting directly on the liver, and making the bile pass through the bowels instead of allowing it to get into the blood.

Mrs. Alice Mehill, Napanee, Ont. writes:—"I was very badly run down for over four months. I tried several remedies, but got no relief. One day my husband brought me home a vial of Milburn's Laxa-Liver Pills, and before I had used half of it I was much better. I only used two vials and I am a different person to-day. I can safely recommend Laxa-Liver Pills to any one troubled with liver trouble."

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Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

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If you go to war pray, if you go on a seas journey pray twice, but pray three times when you are going to be married.

Kingston and Vicinity

Collegiate Easter Reports.
The reports for the term ending at Easter were issued this week at the Collegiate Institute. Parents are asked to examine them.

Returned from Hamilton.
Canon W. F. Fitzgerald has returned from Hamilton where he preached anniversary services in St. Thomas church and also delivered two lectures.

A Shower for Men.
Fifty raincoats only in this special purchase, light and dark tweed, fawn mixtures, all new styles at about half last season's price. Come and see them. Prevost, Brock street.

To Study Overseas.
Dr. H. A. Boyce left on Wednesday night for overseas, where he will study in some of the big hospitals. He will be absent for three months. He was accompanied by his son, Frank Boyce.

Your Business.
How to get it, and keep it. Advertising in order to get or build up your business. Then, continue to advertise in order to keep your business—to keep what you get, and to get more.

New Gasoline Tank.
Robert J. Reid and Sons, undertakers, have installed a gasoline tank outside their garage. The pump is situated inside and the tank, which has a 300 gallon capacity, is a great convenience.

Took Strip off Wharf.
The steamer Brockville tore a strip off the end of Swift's wharf a few days ago, when making the turn in the harbor. Little damage was done to either the wharf or the vessel.

Luck.
Is always with the business man who advertises his wares or his wants. Advertising has increased business efficiency, it has made working kind even everyday living, simpler.

Growth Stimulated.
The rain on Thursday held the farmers back in their spring seeding but this is more than compensated for by the stimulus given to growth of the meadows, and in some cases to grain already sown.

Lost Their Chance.
It is stated that some of the cheese factories in the county refuse to take the price which was offered on the cheese board last week, and as a result they will lose considerable money as the price dropped considerably during the past week.

The Only Regulars.
The steamers Kingston and Toronto will probably be the only boats making regular trips through the Thousand Islands this year, according to a local marine man. The Brockville may make occasional excursion trips, but the traffic would not warrant a regular schedule.

Drinkers Beware!
A new compound known as "Rubbing Alcohol," now on the market, is said to have deadly "kick," and the Ontario License Board has issued a friendly warning to "boozers generally." The warning, which is sent out

over the signature of W. S. Dingman, vice-chairman of the board, contains the following: "Boozers, generally, should give this rubbing alcohol a wide berth." The circular also gives the details of the death of a man at Brantford who drank some of the 'stuff."

Hospital Service Building Ready.
It is understood that the new service building of the General Hospital will be officially handed over to the hospital authorities within the next few days. The building has been ready for use for some time though the refrigeration plant is not yet completed.

Finishes Season's Work.
The Kingston Poor Relief Society has completed its work for the season and its members are much gratified that they have been able to end their labors so satisfactorily. What cases may develop from now on are to be looked after by Mrs. John Wright, president.

To Stop Truck Overloading.
All motor trucks in Ontario will require to have their rated capacity painted on their side in letter an inch half by inch high, if the legislature adopts a bill introduced by Frank C. Biggs, minister of public works. This measure is designed to prevent overloading.

Shortage of Hay.
There has been a shortage of hay in some parts of Eastern Ontario, and for the first time in several years the farmers have had to import hay from New York state. This is due to the sale of surplus hay by farmers who thought they could sell in the winter, but the late spring finds some short.

Vegetation Backward.
The farmers attending the Frontenac Cheese Board report vegetation very backward. There is no pasture for dairy cattle yet and they have to be stall-fed and the feed supplemented with crushed grain in order to keep up the vitality of fresh cows. The cheese factories are paying only eighty-five cents per cwt. for milk, and those in the co-operative system are not expected to realize more than

that unless there is a marked advance in the price of cheese which is hardly likely.

Not Held Up By Rain.
The workmen employed on the street paving work were not held up by the rain on Thursday. Good progress is being made with the excavating although extra work is necessary owing to the slope on King street. This section requires deep excavation to allow the finished pavement to be even.

No Cavalry Camp Here.
It is very unlikely that there will be any camp for cavalry at Barriefield this year. Last year there was a limited camp when two squadrons of the 4th Hussars at about half-strength each, took nine days training, and if a similar camp is authorized for this year, the Prescott squadron of this regiment will probably be given the first chance for the training.

Tug Weaver Floated.
Frank Norris, superintendent for the Canada Steamship Lines, is in the city, superintending the repairs and equipment of the boats berthed here during the winter. The barge Montreal and the tug Weaver, sunk at the wharf, were successfully floated on Thursday. It was only necessary to pump out the tug to refloat her. The action of the ice sunk the Montreal, which tilted the tug and allowed it to fill with water.

Kingston may have the service of the steamer Thousand Islander this season. This steamer has been plying between Detroit and Chatham on the Thames river, and last year is reported to have had a very successful season. The steamer Rapids King has been ordered up the lake and may possibly take over the Thames route, permitting the Thousand Islander to come here. No official announcement has been made.

I don't consider the man who agrees with me upon all questions one of good judgment. Sometimes the last will is contrary to the will and expectations of some of the relatives.

He who weeps from his heart shall provoke tears even from the blind.

OAKLAND AUTOMOBILES

The General Motors Corporation is now manufacturing OAKLAND Cars at Oshawa, and we have been appointed distributors for this district.

We now have a 6-44 Touring Car on exhibition in our Show Rooms, which we will be pleased to demonstrate.

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FLASHLIGHT STAND

AND HERE'S HOW YOU MAKE IT
Among the extensive equipment the amateur photographer usually does not wish to invest in is the flashlight stand. But a stand can be made at home very easily and at no great expense, and this week I shall tell you how.

I shall refer you to last week's article in which I described the making of a camera tripod, when we come to the description of the upright of the flashlight stand, for this upright is made of three strips of wood, the center one of which is movable. The parts of this leg are adjusted in the very same manner that the tripod legs are adjusted. The inner part of the upright, instead of being made in one piece, however, consists of two. The bottom of these two is fastened securely to the two outside strips, and extends slightly beyond the ends of the two outer pieces.

The upper part operates just as the legs of the tripod operate, sliding up and down. The upper part of the middle stick is made to fit into part E. This should be a snug fit, but loose enough to permit removing E easily.

Heavy tin is used for the flash box. Patterns for the various parts are shown in the diagram. Brass hinges are soldered to the inside of the box so that the parts may be folded together when the instrument is not in use.

Strips of tin are soldered to the outside surfaces of the various parts of the flashlight box. The soldering is done on the outer edge. Note the explanation of this in the upper right hand corner of the picture. When the box is folded into position for use, the parts are held together by means of tin angles which are slipped under the loose edges of the tin strips. These angles are not soldered to any parts of the box, but are slipped under the strips of adjoining parts. This construction makes it possible to take the whole flash box apart for carrying.

Part E is a small box-like affair, also made of tin. It fits over the end of the center strip of the upright, at the top. It is made so that there are four projecting wings. The two side wings slip under two tin strips soldered to the under side of D. These strips are soldered, of course, only along the outside edge. The other two wings of part E give the box further good support.

A hole is punched in D, the bottom of the flash box, a little back of center. This hole receives the fuse of the flash. The fuse is lighted from the under side of the box. This makes it unnecessary to get close to the box when the flash is fired and the possibility of injury to your hands or clothing is thus eliminated.

Further directions for the assembling and construction of the stand are given in the drawing.

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