



SEAMAN-KENT HARDWOOD FLOORING

E L I M I N A T E household drudgery—add to the beauty of your home with durable, sanitary Seaman-Kent Beaver Brand Flooring. A small investment will enable you to enjoy the finest floors made. Simply measure the sizes of your rooms and ask us for an estimate on the material.

ALLAN LUMBER CO.
Victoria Street
Phone 1042.

ESTABLISHED 1871.

HANLEY'S AGENCY FOR ALL OCEAN STEAMSHIP LINES

Special attention given your family or friends going to or returning from the Old Country. Passports arranged. For full particulars apply or write J. P. HANLEY, C.P. & T.A., C.N.R.'s Office: Canadian National Railway Station, corner Johnson and Ontario Streets, Kingston, Ont. Open day and night. Phones 99 and 1432.

Where To Save Money Buy for Cash

We deliver to all parts of the city.
A FEW SPECIALS:
Farmers' Roll Butter—fresh every day.
Strictly Fresh Eggs.
Canadian Packing Co. Goods in Meats, Sausage and Frankfurts at a very low price.
Breakfast Bacon, sliced at 25c. lb.

CORKEY'S GROCERY CORNER OF MONTREAL AND JOHN STREETS Phone 549w

W. H. HALL & SON High Class Groceries and Provisions Princess and Clergy Streets GROCERIES AND PROVISIONS

Pure Breakfast Cocoa 25c. lb., 2 lbs. for 25c., 9 lbs. for \$1.00.
Prompt delivery. Phone 645.

P. C. LAWSON KINGSTON'S LEADING FLORIST

Funeral designing and Wedding work our specialty. Corner of Brock and Wellington Streets. TELEPHONE 770.

FOR SALE

New Brick Bungalow—6 rooms, 3 bedrooms, electric lights, nice fixtures, gas, 3 piece enamel bath, furnace, oak floors, wall plugs, good cellar, private driveway. **PRICE \$5000**

M. B. TRUMPOUR

Phone 704 or 1542M. 270 PRINCESS STREET

Special for Wednesday and Saturday!

FRUIT BREAD

Wholewheat Bread Every Day.

F. C. HAMBROOK

CATERING IN ALL ITS BRANCHES
115 BROCK STREET Phone 2519.

His Sluggish Liver Made Him Feel Drowsy and Tired All the Time

When your liver becomes sluggish and inactive your whole health suffers, and the only way you can get back to feeling right is to make your liver right.

This you can do by the use of Milburn's Laxa-Liver Pills as they will stimulate the sluggish liver, clean away all waste and poisonous matter from the system, and prevent, as well as relieve, all complications arising from a liver that has become inactive.

Mr. E. Hazel, East Florenceville, N. B., writes:—"I had been troubled with my liver and felt drowsy and tired all the time, and was unable to do my work with any comfort. I took your Milburn's Laxa-Liver Pills and to-day I am a different man, and would not be without them in the house."

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

SAY

for **Catarrh**

Apply a little on the outside of the nostrils.

Squeeze a little in a spoon, dissolve over a match, in halve vapor, instant relief will follow.

BAUME BENGUE

also relieves sore throat, chest colds and head colds. Keeps a tube always handy.

At all dealers.

The Leaning Mill Co. Montreal

Get the Original Dr. Benque's Baume

5-Room ALADDIN 798

WE PAY THE FRIED!

6-Room ALADDIN 898

7-Room ALADDIN 1612

7-Room ALADDIN 1612

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INDUSTRIAL PROGRESS THROUGHOUT CANADA

As Reported by the Canadian Pacific Railway Department of Development.

North Bay, Ont.—The gold mines of Northern Ontario broke all previous records in the month of January, when they produced approximately \$2,100,000 based on preliminary reports obtained from the mines.

Ottawa, Ont.—Canada's harvest of the sea during January is valued at \$1,288,551, according to a bulletin issued by the Department of Marine and Fisheries. During the month 376,330 cwts. of sea fish were marketed commercially on both Atlantic and Pacific coasts.

Regina, Sask.—The honey crop will soon be of considerable importance in Saskatchewan judging from the great interest taken in bee keeping and the success of Saskatchewan bee keepers in securing good yields of honey of high quality.

Vancouver, B.C.—With a capitalization of one million dollars, the Panama Pacific Grain Terminals, Limited, has been incorporated under a federal charter. The company proposes to build a terminal elevator on the Pacific coast at an approximate cost of \$750,000.

Ottawa, Ont.—Exports of leather footwear from Canada more than doubled in 1923, the total for the year being \$288,299, as against \$132,302 in 1922. Canada's best customers in this trade are New Zealand and the United States which between them buy about 75 per cent. of the leather shoes exported by Canada.

Victoria, B.C.—The Minister of Lands has announced that Dutch organization has offered to purchase two hundred thousand acres of land in the Stuart Lake district for the purpose of colonization of Dutch agriculturists.

St. John, N.B.—From all indications, the potato shipments to Havana this season through the port of St. John will greatly exceed those of last year. To date there have been 750,387 bushels sent forward in twenty steamers, while from September 1st, 1922, until January 31st, 1923, a total of 505,688 bushels were shipped in seventeen steamers.

Quebec, Que.—Announcement has been made by the Federal minister of agriculture that a new Dominion seed laboratory will be established here. The plant is practically ready for operation and seed samples for the province of Quebec will be tested and graded here under the Dominion Seeds Act.

Winnipeg, Man.—With heavy inquiries from South American sources for Canadian flour, millers expect to see their export volume substantially increased during the present month over January. This movement together with offerings here of a "premium" for wheat at Vancouver have been the most encouraging trade features of the past month in Winnipeg.

Sudbury, Ont.—Nickel production in 1923 amounted to 61,444,000 pounds, valued at \$18,433,000, or about 3 1/2 times as much as was produced during the preceding calendar year, when the total output was only 17,591,123 pounds, valued at \$6,158,993. The production was wholly obtained from the smelting of the nickel-copper ores mined in the Sudbury area of Ontario.

Montreal, Que.—Value of pulp and paper exports from Canada in 1923 amounted to \$140,798,453, most of which went to the United States, according to a report issued by the Canadian Pulp and Paper Association. This compares with a value of \$115,863,742 in 1922. Canada exported in 1923, 1,137,962 tons of newsprint, the first time it has crossed the million ton mark. Of this, 1,115,355 tons went to the United States.

Ottawa.—During the past week, according to a notice in the Canada Gazette, the following companies have been incorporated with Federal charters: Trenton Chemical Company, \$100,000, Trenton, Ont.; Massey Knitting Company, \$150,000, Montreal; Solvita Company of Canada, Limited, \$200,000, Winnipeg; James Stewart Lumber Company, \$500,000, Winnipeg; and Fortin, Gavelle, Gagnon, Limited, \$100,000, Hull.

Ottawa—Canada's wheat flour trade is maintaining the growth

High Blood Pressure is prevented when liver kidneys are regulated with

Dr. Chase's K & L Pills

Biliousness Sick Headache

Now Easily Overcome by a Simple Home Remedy

Among the earliest symptoms are furred tongue and dull headache. Then come dizzy spells, bad taste, quick pulse, fever and cold sweats.

Finally, sleeplessness and vomiting make the condition of the sufferer almost intolerable.

The root of biliousness is with the liver which is clogged and can't keep bile from getting into the blood.

Nothing works with the certainty of Dr. Hamilton's Pills; they act directly on the liver, restore the bile to its proper course and prevent it from contaminating the vital fluid.

Of course, the bowels are ordered and relaxed by Dr. Hamilton's Pills, the kidneys receive new tonic, the blood is renovated, and the result is a renewal of good health.

No need for delay, the sooner you use Dr. Hamilton's Pills, the sooner you'll feel the brisk, keen satisfaction of a healthy, well-regulated system. Sold in yellow boxes, 25c., or five for \$1.00, all dealers, or The Catarrhose Co., Montreal.

which was witnessed during 1923, this point is revealed in statistics dealing with exports for the Dominion for the first five months of the current crop year. For the period under review Canada exported 5,411,864 barrels, worth \$28,344,877, as compared with 5,255,081 barrels, value \$29,329,008, for the corresponding period a year ago.

Lethbridge, Alberta.—It is expected that refining will start at the Alberta Refining Company's plant at Coultas, Alberta, in the Sweetgrass field, some time in March. This plant and that of the Alberta Refineries at Edmonton, along with the \$2,500,000 undertaking of the Imperial Oil Company at Calgary will give Alberta three refineries.

A VILLAGE'S ASSET.

Sawmill at Northbrooke Will Be Busy All Summer.

Northbrook, March 8.—Those who are interested in the horse races, which are being planned for Gull Lake, are waiting for the ice to get in good condition. A good day's sport is anticipated. Mr. Kleinsteuber, Actinolite, is in our vicinity with his wood saw. He will be kept busy for a few weeks. J. Vogan's mill yard continues to fill and for a radius of eight miles logs are coming in; thus a steady summer's cut is warranted which is a fine asset to our village.

Mr. Dennison, owner of Bon Echo summer resort, left this week for Boston on business. It should be of interest to many that the Ore Chimney Mining Co. Ltd., has engaged the services of James Sullivan, as mine manager. Mr. Sullivan is at present actively engaged in carrying out plans for the further development of the mine, preparatory to shipping. Mr. Sullivan comes highly recommended, having spent almost his entire lifetime at mining, both in the northern districts of Ontario and the western States. The Ore Chimney Mining Co. feel highly gratified in procuring his services.

The development work has shown some very splendid results, very high grade ore being encountered. Stopping will commence very shortly in high grade ore, which will be used for shipping and also provide good ventilation for the mine as the stop will be put through to the surface. Assays at this point show better than \$70 ore.

Mr. and Mrs. J. L. Lloyd are home after spending a month in Mac Tier.

MUST TAKE BOLD COURSE.

Australian Premier Embarks on Difficult Political Situation.

Melbourne, March 11.—Premier Bruce, who is said to have a difficult political situation before him, lost no time on embarking upon it. At a luncheon given by his colleagues, he decided that dangers threatened if the present Commonwealth government should fall. The relations of ministers were most cordial, and even if the administration was composite, there was no divergence of opinion on vital issues. If the Labor party obtained power it would be disastrous to the future prosperity of Australia. The government and its supporters within and without parliament should do everything possible to prevent it. While he was hopeful of the future, and convinced that the government would continue in office, the prime minister said it was imperative that the government should lead fearlessly and unhesitatingly pursue its own course. If it made it clear that it intended to govern and not to compromise, it could unshrinkingly face a general election. This is the first declaration of open war on the Labor party to come from Bruce. The Labor party has been taking advantage of Bruce's prolonged absence to promote systematic propaganda. It expects to defeat the Barwell government in the South Australia state elections, and thinks it has more than a sporting chance of routing Sir James Mitchell in Western Australia. Both election campaigns are in full swing.

Physicians attending Miss Gladys O'Connor, the Hamilton girl who was found Saturday in a semi-conscious state in a sewer pipe on a vacant Toronto lot, state that her condition shows very slight improvement.

THE TOWN OF PICTON.

Social Events of the Past Week—Women at Prayer.

Picton, March 10.—Mrs. Albert Powers entertained to tea at her home, Main street west, on Wednesday afternoon, Mrs. Ewart Jones and the two daughters of the house, Mrs. Woodward and Miss Alleen Powers, assisted at the tea hour.

Mrs. Johnson, Adelphurstown, was a recent guest with Mr. and Mrs. R. Davidson, Miss Gladys Orser, Trenon, is the guest of Mr. and Mrs. John Maher, King street.

Mrs. H. B. Tully entertained at Bridge on Wednesday evening. Cyril Hamby, Toronto, was a recent guest of Mr. and Mrs. W. B. Turnbull, Centre street.

Mrs. Gerald Allison gave a delightful bridge on the evening of her reception in honor of the young ladies who assisted her during the afternoon. Favors were won by Miss Bernice Woods and Mr. Gordon Walmsey.

Miss Dorothy Carter was hostess of the Pollyanna Club at her home on Main street east.

Mrs. D. R. Brown and Mrs. I. T. Harvey, Lindhurst, are guests at the home of Mr. and Mrs. F. W. Young, Union street.

Mrs. W. Tait entertained at bridge on Wednesday afternoon. Five tables were in play, the favor falling to the skill of Mrs. F. T. Knight. The hostess was assisted by Mrs. (Col.) Adams and Mrs. T. Fleury.

Miss Helen Turnbull, Oshawa, has accepted a position in the millinery department of the A. Bristol and Son store.

Mr. and Mrs. C. C. Spencer entertained a dinner party on Monday evening of last week and Mrs. Spencer entertained a party of ladies to tea on Thursday evening, with Mrs. John Stanton assisting. The rooms were pretty with potted plants in bloom and graceful ferns.

Mrs. Albert Welbanks, West Main street, was hostess to a large company of ladies at the tea hour on Thursday evening. Beautiful spring bloom was much in evidence, and a pleasant time with much social visiting was enjoyed. She was assisted by her sister-in-law, Mrs. Frank Minaker.

Mr. Arnold Way, president of the W. C. T. U. opened her home on Paul street, for the regular monthly meeting on Thursday night. An interesting programme was given. About forty ladies were present.

The Interdenominational prayer meeting for the Women's Missionary Societies of Picton was held in the Presbyterian Church on Friday afternoon with Mrs. (Rev.) Cowan presiding. The programme as set forth by the United Mission Board, was carried out, ladies from the Presbyterian, Anglican, Baptist and Methodist churches taking part. Stanley Vandusen of the Standard Bank staff is ill.

Mrs. D. McMullen, who has been

THE BEAUTY OF HEALTH

Newspapers and magazines are devoted columns to magic or overnight beautifiers. There is a beauty in health that is far more attractive than man-made regularity of features or a made up complexion. Health should be the first essential of women who want to win and hold admiration, respect and love. At the first indication of ill health as indicated by dark circles under the eyes, a sallow complexion, headaches, irritability and melancholia, women should take Lydia E. Pinkham's Vegetable Compound, the standard remedy for women's ills, which has been proven to help 98 out of every 100 women who try it.



There was a wise old woman who lived in a shoe

She had many children, but she knew what to do when it came to buying shoes for her boys and girls.

She bought Chums shoes, because Chums shoes gave wear aplenty and when the soles became worn she could send them back to us through her dealer for resoling and resoling up to and including size 10 1/2.

She also kept her children's feet perfect, because Chums — for children of all sizes and ages — are built to give perfect freedom to growing feet.

There are no other shoes like Chums. Ask for them by name.

Done up as a card and we'll send you our Chums booklet and name of your nearest dealer.

Made Only By CHARLES A. AHERNS, Limited, Kitchener



For Sale At Lockett's Shoe Store

spending the winter with Rev. Dr. and Mrs. Shorey, left on Friday for her home.

Eighty-nine bodies had been recovered up to 3.15 a.m. from Number Two mine of the Utah Fuel Company, Castlegate, where an explosion occurred last Saturday.

In the Quebec legislature Premier Taschereau suggested that Ottawa had better leave the matter of forest protection to the provinces to deal with.

If you see a man of understanding get thee betimes unto him and let thy foot wear the steps to his door.

Peter Heenan, Labor member for Kenora, will try to place the legislation on record as favoring an eight-hour day and a forty-eight hour week for all working persons with a few "reasonable exceptions."

Joseph McGrath, minister of industry and commerce, announced his resignation in the Daily Express Tuesday afternoon because of "muddling" in connection with the army trouble.

At New York, Dr. James O. Green, whose daughter, Eleanor Margaret Green, is betrothed to Prince Viggo, of Denmark, died on Monday. He was eighty-two years old.

Teach your child internal cleanliness

THE mother who permits constipation in her baby or older child is risking the health, even the life of her little one. It must be remembered that an infant is helpless, unable to tell that constipation is making its life miserable. Consequently the mother must be able to recognize signs of constipation in her baby. Convulsions, night terrors, grinding the teeth in sleep, feverishness, fretfulness and such symptoms—any of these may indicate that poisons from baby's stagnant intestine are flooding the little body.

In older children biliousness, coated tongue, loss of appetite warn the mother that constipation is present. Constipation, unchecked in youth, may lead to serious consequences. In constipation, according to intestinal specialists, lies the primary cause of more than three-quarters of all illness, including the gravest diseases of life.

Laxatives Only Aggravate Constipation
The mother should not resort to laxatives. A noted authority says that laxatives and cathartics do not overcome constipation but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Why Physicians Favor Lubrication
Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

Not a Medicine
Nujol is used in children's and general hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water it is harmless. Let your infant or child have Nujol regularly—and see rosy cheeks, clear eyes and happiness return once more. Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol yourself as regularly as you brush your teeth or wash your face. For sale by all druggists.

Nujol For Internal Cleanliness

