

**Shake Your Winter Cold — All Yield to Dr. Hickey's Treatment**

**The Speedy Relief For All Coughs**

The chest rub for all heavy chest colds and congestion.

**THE SPEEDY COLD CAPSULES**

for head colds and all forms of Grippe. Each 25c. or 75c. for full treatment.

Made by:

**L. T. Best**  
Druggist  
Phone 59.

**FOR SALE**

\$3000—Frame, 7 rooms, improvements.  
\$3200—Frame, 6 rooms, improvements. Lot 99x182.  
\$5200—Brick, 7 rooms, all improvements.  
\$7000—Brick, 9 rooms, all modern, h.w. floors.  
\$8,000—Brick, 6 rooms, modern improvements, garage.  
\$8,000—Brick, 8 rooms; all improvements, garage, large garden, fruit and flowers, good location.  
\$8,500—Brick, 9 rooms; all modern; central.  
FURNISHED HOUSES TO RENT.

**Bateman's Real Estate**  
111 1/2 BROCK ST., KINGSTON  
Telephone 1925F.

We are placing on

**SALE**

a small number of regular \$15.00 white, gold-filled

**RIBBON WATCHES**

at

**\$10.00**

These Watches have 15 jewelled movements and are cased in both Octagon and Cushion shapes.

At \$10.00 these Watches are remarkable value.

Guaranteed, of course.

**SMITH BROS**  
JEWELERS  
LIMITED  
ESTD 1874  
King St. Kingston

**The HOME GARDEN**

What is Home without a Garden?

**Seed-Sowing Indoors**



The great army of gardeners who have small places with no room to give to cold frames or hotbeds for early seed sowing and hardly needing them because of the small extent of their garden patches depend upon seed sown in the house for their early plants. And the great majority of them do very well at it and are improving rapidly.

A season or so of sowing indoors soon tells the observing planter his faults. First of all, seeds should not be planted in too wide a box as it is impossible to get a proper distribution of light from the window of a dwelling in such cases. A cigar box is an ideal box and about the right width to give ample light and even growth. Even these need turning every few days to be certain of equalizing growth.

Second, a gardener soon learns the necessity of providing absolutely free drainage for the seed box through losing promising looking seedlings after fine germination through damping off.

Third, the necessity of guarding the moisture by panes of glass over the seed boxes or by cloths or paper cut to fit the soil surface is soon apparent.

Fourth, it is soon found necessary to water seed boxes containing fine seeds by standing them in a pan of lukewarm water and allowing the water to soak up through the holes provided for drainage. Otherwise the moisture must be applied by a spray or by dripping it carefully from the fingers or from a wisk broom. Careless watering, washing seeds out of the ground or into miniature wind-rows, often causes much loss and waste of effort.

Sift the soil and use the coarse material for the bottom of the box, covering the holes for drainage with pieces of broken flower pots or crockery or bits of rock so the soil cannot leak through. Then sift the soil over the coarser material so that the seedlings will have about two inches, or at the very least, an inch and a half of soil.

Sow the seed thinly and in rows the short way of the box, marking the rows with match stems or tooth-picks. Weeds coming up between the rows may then be pulled. Cover twice the thickness of the seed. In cases of very fine seed merely press into the soil. Water the soil by setting the seed box in a pan of lukewarm water until it shows at the surface.

Allow it to drain and then plant the seeds, sifting the soil over them to the required depth and again firming with a brick or smooth block of wood. It is a good plan to keep them from the light until the first tiny points of the germinating seeds break through the soil. Then move to the light. Keep in as even a temperature as possible. Tilt the glass a little for ventilation and wipe off the "sweat" when it gets too thick so it will not drip down on the tiny plants and start damping off, a fungus that causes them to rot off at the surface of the soil.

Space coarse seeds carefully, one at a time, in order to make transplanting easy. Give them an inch each way and they can grow to fair size before moving becomes necessary. Give air either by opening the window or setting outside on warm days. Do this in the middle of the day.

PROBS:—Friday, Strong northeast winds, light snow in southern portions, lower temperature.

**FRIDAY!**

**AT STEACY'S**

Special Sale features has made Friday the second busiest day of the week—for to-morrow we offer a number of unusual attractive values that should make a broad appeal.

**Shop Early Friday!**

**SAVE 10%**

From 9 to 1 O'clock

**Double Discount Stamps**

Here is a wonderful opportunity for all those planning their Easter wardrobes, and Spring and Summer sewing requirements—as you save 10c. on every \$1.00 cash purchase made here to-morrow morning!

**THREE BARGAINS**

1 3-burner Gas Range with low oven ..... \$22.00

1 4-element Side Oven Electric Range ..... \$90.00

1 2-element Low Oven Electric Range ..... \$55.00

**McKelvey & Birch, Limited**

General Contractors, Heating Specialists, Steam Fitters and Plumbers, Jobbers of Plumbers' and Gas-Fitters' Supplies, Stoves, Shelf, Heavy and House Furnishing Hardware, Tools, Oil, etc.; Supplies, Sheet Metal and Tin Work; Electric work; Painting and Paper Hanging. Special work of all kinds undertaken.



**OUR NEW HOUSE FURNISHING DEPARTMENT**

We have just opened up our new Drapery Department and have a complete, new stock of Chintzes, Madrases, Cretonnes, and Artificial Silks in the latest shades and designs for Spring. A very large assortment of Rugs, in all sizes.

**NEW DINING ROOM AND BEDROOM FURNITURE**

**T.F. Harrison Co. Ltd.**  
PHONE 90.

**WHEN FOOD FAILS**

Defective Digestion is the Cause and Misery Follows.

There are thousands of people who do not get the proper nourishment from the food they eat, because their digestion is defective. Food that lies undigested in the stomach is not merely wasted, it will ferment and poison your system. Flatulence and sour risings in the throat follow and unless you are careful you will become a chronic dyspeptic.

By toning up the stomach to do the work nature intended, you will remove the cause of the trouble. Nothing will more promptly restore the digestive organs than good, new blood. Stomach, nerves and glands all depend on the blood, and when it gets thin and watery they are at once weakened. It is because of their action in building up and enriching the blood that Dr. Williams' Pink Pills have proved successful in so many cases of indigestion where ordinary medicines have failed. The new rich blood quickly tones up the digestive organs; the appetite improves and you are able to eat with comfort and get full nourishment from your food.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**ALONG BAY OF QUINTE.**

The Loyalist Settlement and Some of the Churches.

Toronto Globe.

Early days in the Adolphustown neighborhood, the cradle of the civilization of Upper Canada, are further revealed by a reader, Rev. Jesse H. Arnup, who sends the following information as a result of inquiries on his own account on behalf of the Methodist church, of which he is assistant secretary for foreign missions:

"Your reference to the Loyalist settlement of the Bay of Quinte district calls attention to a fact not generally understood.

"It can be clearly shown that the Loyalist movement into Canada began before the outbreak of the revolutionary war, doubtless as a result of the fiery agitation and discussion which for several years preceded the outbreak of hostilities. The facts have come to my notice in studying the situation in preparation for the centenary of the first Methodist conference, which was held at Hallowell, near Picton, in 1824. Your reference to the Huff reminds one that in the home of Paul Huff was

held the first Methodist preaching service, and, later, the first Methodist chapel in Upper Canada was built on his farm at Hay Bay, in 1792. But at least two years before the date (1776) mentioned by your correspondent, another party of Methodist Loyalists left New York for Canada. They were Paul and Barbara Heck and members of the family of Philip Embury, who had introduced Methodism into New York in 1766, and built its first chapel two years later. In 1774 they left the scene of these interesting associations and, after a brief residence near Montreal, settled on the 'front' in Augusta township. Here they set up at once their homes and altars. The record reads: 'Samuel Embury was appointed class leader; regular meetings were instituted, and a Methodist Society formed.' The centenary of the conference will be held at Picton during the first week of June."

**CANADIAN SEEDS.**

Have Been Sent To The British Empire Exhibition.

Ottawa, March 20.—Twenty cases of Canadian agricultural seeds weighing 700 pounds each have been sent to the Canadian building at the British Empire Exhibition for display purposes. All kinds of seeds are included from fine lawn grass and garden seeds to corn and beans. The Canadian system of plant breeding and government control over production, inspection and grading is unique and has aroused considerable interest among agriculturists in other countries, and the British Empire Exhibition offers a splendid opportunity for Canadian seed growers to create a favorable impression abroad.

Canadian seeds have won a place in other countries during recent years. At the Chicago International Exhibition a short time ago Canadian seed growers maintained the reputation of the northern bred and selected seeds by winning 14 out of 25 prizes for spring wheat and 23 out of 35 prizes offered for oats. The demand from abroad for Canadian grown seeds that are under the metal seal of the Canadian seed inspector is constantly growing.

Canadian seed exports last year were valued at more than two and a quarter million dollars. In alski clover seeds the Canadian supply controls the world prices. Exports of registered seed grain last year went to Australia, South America, Russia and other countries of Northern Europe. In spite of the United States tariff against imported seeds Canada still exports registered and extra No. 1 grade of seeds to the south in considerable quantity.

The Salvation Army has purchased the Warden property, Smith's Falls, for a hotel and distributing centre for their Immigration department in eastern Ontario.

Mrs. Gordon Hutchinson, Wellington, died suddenly of heart failure Monday night. Deceased was sixty-three years of age. Her husband survives.

Holland will not rush to open trade relations with or recognize the Soviet Russia.

**For Friday and Saturday**

WE OFFER

Breakfast Bacon, sliced ..... 25c. lb.  
Sausage, regular 15c. .... 2 lbs. 25c.  
Rolled Oats ..... 8 lbs. for 25c.  
Oranges ..... 10c. dozen  
Sweet Pickles (bulk) ..... 25c. pint

Fresh BEEF and PORK at prices which will please you.

**R. R. WALLACE**  
100 STEPHEN STREET  
PHONE 1729.

**New House Furnishings Specially Priced**

**CURTAIN MADRAS, 35c. YARD—**  
300 yards imported Scotch Madras in White and Paris—a broad variety of choice new patterns—36 inches wide.

**COLONIAL DRAPERY CHINTZ, 35c. YARD—**  
400 yards of new, Spring Drapery Chintz, in a boundless assortment of patterns in light and dark shades—full 36 inches wide.

**WINDOW SHADES, 89c. EACH—**  
120 plain Green Shadow Proof Shades, mounted on Al rollers, complete with brackets—36 inches wide and 72 inches long.

**CURTAIN SCRIM, 15c. YD.—**  
300 yards White and Cream Scrim—with finished border—full yard wide.

**WHITE COTTAGE POLES, 15c. EACH—**  
60 only, White Enameled Curtain Poles—4 and 5 ft. long with finished ends and brackets—slightly chipped—regular 25c. each. ....

**AXMINSTER MATS, \$2.98 EACH—**  
24 only, in choice designs and rich colorings—size 24 x 54 inches—special values at \$3.50 and \$3.75 each.

**NEW FLOOR OILCLOTH RUGS—**  
In a broad range of new patterns for Bed-rooms, Dining-rooms, bath-rooms, kitchens and halls—in the following sizes and special prices:

SIZE 4 1/2 x 4 1/2 FT.	FRIDAY	\$2.25
SIZE 6 x 7 1/2 FT.	FRIDAY	\$4.98
SIZE 6' x 9 FT.	FRIDAY	\$5.95
SIZE 7 1/2 x 9 FT.	FRIDAY	\$7.49
SIZE 7 1/2 x 10 1/2 FT.	FRIDAY	\$8.75

**STEACY'S - Limited**