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means enjoyment with economy. The plainest food becomes appetizing and delicious with H.P. sauce.  
Be sure you ask for H.P.

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We require parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information.  
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Every Facility of Most Expensive ELECTRIC RANGE at fraction of cost. No Extra Wiring Required.

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Have assisted nature thousands of cases of half century, correcting causes, building up and strengthening organs, relieving DELAYED, and PAINFUL MENSTRUATION, NEURALGIC, BACKACHE, HEADACHE, etc., and dangerous drugs. Sold only in Sealed Packages.  
Cover TIN BOX with our signature. Dispensaries everywhere, or direct by mail, please enclose \$1.00. Kalkreuth's Remedy Co., 71 E. Front St., Toronto, Can. Circular mailed on request.

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AGENCY FOR ALL OCEAN STEAMSHIP LINES  
Special attention given your family or friends going to or returning from the Old Country.  
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 1459.

**Mrs. J. W. Sampson**  
Tells How Cuticura Healed Her Scalp  
"I was troubled for years with a dry scalp and dandruff. There were small scales on my scalp and it itched and burned a great deal. My hair was very dry and fell out when I combed it. I began using Cuticura Soap and Ointment and after a few applications could see an improvement. I continued using them and in three months was healed."  
Keep your skin clear by using Cuticura Soap, Ointment and Talcum for every-day toilet purposes. Touch pimples and itching, if any, with Cuticura Ointment; bathe with Cuticura Soap and hot water. Dry and dust lightly with Cuticura Talcum, a powder of fascinating fragrance.

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Buy Lumber, Coal, Feed AT **HYATT & HART**  
Grinding by Hydro Power.

**Rest Glasses For Occasional Wearing**  
Quite frequently your eyes become tired and painful—due to prolonged reading, writing or sewing.  
Our rest glasses, for temporary use, will prove a pleasing surprise in comfort and satisfaction.  
Let us make up a pair for you.  
**R. ARTHEY, R.O.**  
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Open evenings by appointment.  
A good custom is surer than law. Kindness knows no repentance.

**LETTERS To The Editor**

**Contra Sunday.**  
Kingston, March 20.—(To the Editor): With your permission I will just say a few words in answer to Mr. Haggarty's concluding letter. He says I misconstrued his statement. Now how was I to know he meant commended? And if Sunday was not commended by Christ at the resurrection, how could it commence? Only by tradition. What Mr. Haggarty still maintains does not go very far towards sanctifying Sunday, especially when we remember it was not kept by the early Christians as late as 300 years after the resurrection. He asks me why I refer to the Encyclopaedia Britannica and other writers, because history is the voice of prophecy and gives the origin of Sunday. Mr. Haggarty says he does not understand my remark about being on the fence. I said if Protestants take the Bible and follow its directions, it will lead them to keep the seventh day Sabbath, but if they keep Sunday, why not join the Catholic church? Either be one or the other, in fact get off the fence. I made no personal remark whatever, and if Mr. Haggarty took it that way he will have to bear it for he is the one that makes the application, not I; as the old saying is, if the shoe fits put it on. The Lord says, if any man willeth to do His will he shall know of the doctrine. And my position stands unshaken because it is built upon the word of God which liveth and abideth forever, and my position is proven more strong by the hearty support I have received from a number of others who are not Seventh Day Adventists. Now Mr. Editor I did not start this controversy nor enter it for argument sake; but to defend the word of God and those who are willing to make a sacrifice in order that they may keep the commandments of God and the faith of Jesus. Rev. 14:12. We have a sincere respect for those who are honestly seeking to know the truth, although they may differ with us but the capious objectors constitute a class by themselves and we cannot hope to convince such persons, but hope these truths, which you have so kindly published in your paper, may have some weight with those who desire to know the truth as it is in Jesus.  
Sincerely yours,  
—W. B. LINDSAY.

**Forms of Taxation.**  
New York City, March 19.—(To the Editor): The general discussion of taxation that has been going on in the press, editorially and otherwise, indicates such a lack of real knowledge on the subject that I submit a few suggestions along this line that may furnish food for serious thought.  
The best tax by which public revenues can be raised is evidently that which will closest conform to the following conditions:  
1. That it bear as lightly as possible upon production—so as least to check the increase of the general fund from which taxes must be paid and the community maintained.  
2. That it be easily and cheaply collected, and fall as directly as may be upon the ultimate payers—so as to take from the people as little as possible in addition to what it yields the government.  
3. That it be certain—so as to give the least opportunity for tyranny or corruption on the part of officials, and the least temptation to lawbreaking and evasion on the part of the taxpayers.  
4. That it bear equally—so as to give no citizens an advantage or put any at a disadvantage as compared with others.  
The taxation of land values fully measures up to each and all of these requirements.  
1. Taxes on production, commerce, capital and improvements curtail industry. Taxes on land values have just the opposite effect: They encourage industry by relieving it of taxes and also prevent land speculation which is an economic crime of the first magnitude.  
2. No value is so easily ascertained as the value of land. It is the stock in trade of all real estate men. And for cheapness it would cost no more than it does now to collect rent. The saving would be tremendous.

**CORNS**  
Lift Off—No Pain!  
**FREEZONE**  
Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.  
Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

ous when you consider the expense of collecting all the other taxes, particularly the income tax.  
3. Land lies out of doors. It cannot be hidden or carried away. The tax cannot possibly be evaded, and publicity would prevent tyranny and corruption on the part of officials.  
4. It would bear equitably upon all classes of society. A tax is payment for social services and the value of such services is automatically registered in the value of land. In sparsely settled communities, public improvements are few and land has but little value. As society grows the necessity for public improvements increases and economic rent grows in the same proportion.  
This value, let it be noted, is not the result of individual effort, but is due primarily to the presence and activities of all the people in the community, and should therefore, be used to defray all expenses of government.  
—E. B. SWINNEY,  
226 West 47th street.

**Those War Marked With Grief.**  
Kingston, March 20.—(To the Editor): There are many reasons why we fight, and almost equally many reasons why we either win or lose. We fight because sometimes we are goaded to it; sometimes because our sense of chivalry is appealed to, sometimes in defense of our rights—or what appear to be our rights—and for several other reasons. We win because our resources are better than the other fellow's; because the impetus of our attack disorganizes our enemy; because—and this is not so trite as it may seem—right is on our side, and righteous our cause, and so on, ad infinitum. We lose—and here the reasons we lose may be also endless, but nevertheless, they are real reasons. Now conceding all this, no matter why we fought, or whether we won or lost, if we are in the least charitable, we shall respect our own efforts and those of the other fellow. In fact if we beat up the other fellow well, his condition is likely to create in us a sympathy which we never had for him before. But there is such a thing as getting well beaten up ourselves, and in such an event, the sympathy and a helping hand of our enemy is not to be despised. That's all so easy to say, that it does not seem anything to it. Well there isn't, if that's how you feel about it. It is a condition which is so common now-a-days, as to be unnoticed. I mean a condition does exist, in which good, healthy, strong men are helpless cripples as a result of a fight, and the cruel part of it is that they did not fight for themselves, but for us, and if they have our sympathy, it's about all they have.  
Mental and physical wrecks abound throughout Canada, who are shamelessly denied the care and comfort they were promised before they undertook our task of disposing of our enemy. Hundreds of cases could be cited of men, once substantial citizens, who are now shamefully trying to make both ends meet on a miserable pittance in the form of a pension, some who most emphatically need medical attention, but who cannot afford it, nor can they receive it from the military authorities, because the time has passed in which they should have made application for such attention. What rubbish! There are thousands of dear souls, who entered into our fight, to whom time means nothing—they fought for us to all eternity—and honest folk cannot conceive of any condition where time should count, as regards those who fought for us—and lived. Well indeed, if many of them had been called by a Divine Creator during their noble efforts in our behalf. They wouldn't have had to suffer the indignities which have been heaped on them in their infirmity.  
These men have just got to be recognized, and for that purpose, a body of determined citizens are banding together, in the form of a club, and questions which are naturally difficult for the individual, will do a great deal toward alleviating a great deal of sorrow and grief, where it is, oftentimes, least deserved, if such emotions can be considered as ever being deserved. The club is to have no political or religious signification but is to be ostensibly a "social organization, banded together primarily to assist those who cannot assist themselves. There will be no canteens or bars; no pool rooms or cuspidors or gambling, nothing but a fraternal determination and desire to help, help, help. Every citizen who is interested in the subject is invited to write for further particulars to—  
—W. J. BARRETT,  
99 Elm street, city.

**REARING NEW COTTAGES.**  
New Yorkers are Having Them Built at Chaffey's Locks, Chaffey's Locks, March 20.—The snow is disappearing very fast the past few days, and the ice is getting bad near the shores of the lakes, which makes driving dangerous. A number of the residents of this locality attended the concert at Lake Opinicon. Mr. Cook's evening programme was appreciated.  
Dr. Berliner, New York, is having a new cottage built on the shore of Indian Lake. It is nearing completion. F. W. Alford is to be congratulated on this work. Mr. Alford also has the contract of C. Price Green's cottage to be built on an island in Lake Opinicon, the work to commence immediately.  
C. Spangis, Westport, has the contract of erecting a cottage for V. Berlin Wilson, New York. Mrs. M. Alford has returned from visiting relatives in Chantry. Dr. T. F. Chamberlain is spending a few days in Toronto.

**Pains in Back Subdued—Sore Chest Relieved**  
**A Nova Scotian Tells How She Overcame Her Troubles**  
"I consider Nerviline the best remedy for a cold, sore throat or tightness across the chest," writes Miss Lucy Mosher, from Windsor, N. S. "For years our home has never been without Nerviline. I had a cold on my chest that fourteen remedies couldn't break up. I rubbed on Nerviline three times a day, used Nerviline as a gargle and was completely restored. It's because Nerviline is so powerful, so penetrating, so sure to relieve congestion, that it is used in most homes, for the prevention and relief of a hundred minor ills. Get a 35c. bottle to-day."  
**NERVILINE**

**OLD CHUM**  
SMOKING TOBACCO  
IS FOUR TIMES SEALED

The outer wrapper of water-and-moisture proof paraffin paper  
The regular Old Chum wrapper showing name and trade mark  
The heavy tin foil  
The heavy manilla paper

to bring you the full richness and mellow sweetness of this—  
**"Tobacco of Quality"**  
Manufactured by  
IMPERIAL TOBACCO CO. OF CANADA LIMITED

**Are Shipping Pressed Hay**  
Findley Station, March 20.—Mr. Walker's cheese meeting was well attended. On Saturday evening, March 20th, Miss Grace Donaldson entertained a number of her young friends; a very enjoyable time was spent. Miss Sadie Thompson has returned home after visiting friends in Kingston. Pressed hay is being shipped from the station. Mrs. James Wilson is visiting her daughter, Mrs. Howard Brash, Pittsferry. Mrs. B. Donaldson, and Freddie spent a couple of days with her mother, Mrs. Greening, Front road. Mrs. Fred Thompson, Kingston, spent a few days with her daughter, Mrs. Lorne Thompson.  
There was no service at Sand Hill church on Sunday afternoon, on account of the illness of Rev. Mr. Lancaster. Mrs. Robert Donaldson is visiting her mother, Mrs. McLean and her sister in Kingston. Mrs. Ried, Elginburg, is visiting her daughter, Mrs. H. L. Kiell. A number from here attended the picnic at Zion church last week. Alexander Abbott, Kingston Junction, spent the week-end at John Foxwell's.

The wolves of the Carpathian mountains, driven south by the severe winter, are threatening the sheep folds on the shores of the Aegean sea where millions of sheep are gathered to pass the winter months.  
It's the other fellow who makes the big mistakes, not you and I. It is easier to make some people believe a lie than it is the truth.

**Lawrence river, there are available water powers exceeding 9,000,000 horse power. As it is through the development of water power that other operations are made cheaper, capital for it can be more readily secured, and it is for this reason that the power producing industry has progressed more rapidly than any other in Canada during the past few years.**  
Briefly, the objects of the Power Conference are to consider how the industrial and scientific sources of power may be adjusted nationally and internationally; by considering the potential resources of each country in hydro-electric power, oil and minerals, by comparing experiences in the development of scientific agriculture, irrigation and transportation by land water and air; by conferences of civil, mechanical, marine and mining engineers; by consultation of the consumers of power and the manufacturers of the instruments of production, by discussion on the financial and economic phases of the industry, by conference on the possibility of establishing a permanent World Bureau for the collection of data, the preparation of inventories of the world's resources and the exchange of industrial and scientific information through the representatives of the various countries.  
It will be seen then, that the Dominion's part in the Conference cannot be a small one and that through the dissemination of knowledge of her resources she stands to gain considerably. It is interesting to note in this connection that for every new power scheme which calls for large investment, the money comes chiefly from abroad. Indeed it is probably that since 1915 several hundreds of millions of dollars have been secured in this way and it is impossible to overestimate the importance of water-power development as a means of attracting capital to Canada.

1. Queenston-Chippewa hydro-electric power station of the Hydro-Electric Power Commission of Ontario on the Niagara River near Niagara Falls Ontario, Canada, as it will appear when completed with the full installation of 850,000 h.p. There were six units of 55,000 h.p. each in operation in 1923 delivering power to the Commission's Niagara system. Two similar units will be added during 1924.

2. Coulee storage dam on the upper waters of the St. Maurice river, Quebec, Canada, built by the Quebec Steamship Commission for the regulation of flow of the St. Maurice for power purposes. The operation of the reservoir which has an area of 280 square miles and a capacity of 160 billion cubic feet has more than doubled the minimum flow of the river at Shawinigan Falls with a corresponding benefit to the power interests.

3. Hydro-electric development at Cameron Falls on the Nipigon river, Ontario, of the Hydro-Electric Power Commission of Ontario, Canada. The plant has an ultimate designed capacity of 75,000 h.p. of which 25,000 h.p. is now in use, power being transmitted to Port Arthur and Fort William. The Commission are installing an additional 25,000 h.p. during 1924.

4. Hydro-Electric Development of the Manitoba Power Company Limited at Grand Falls on the Winnipeg river, Canada. The initial installation of 56,000 h.p. was brought into operation during 1923, the power being sold to and distributed by the Winnipeg Electric Railway Company Limited. It is proposed to add a third unit of 25,000 h.p. in 1924. The ultimate designed capacity of the plant is 165,000 h.p.