

Sneezing Colds, Running Eyes, Quickly Relieved To Drive Away Your Cold Simply Breathe CATARRHOZONE

To speedily clear up a bad case of NASAL CATARRH, to completely subdue a nasty COLD, no remedy is so pleasant and sure as CATARRHOZONE. You can carry the inhaler in your purse or vest pocket—use it at home, on the street, in the movie. Every time you breathe through the inhaler you send the healing vapor of CATARRHOZONE through all the air passages of the NOSE, THROAT and LUNGS.

For those who catch cold easily, for those who sneeze too often, for those with throat trouble or bronchitis, CATARRHOZONE is a boon. Two months' treatment, \$1.00. Small size, 50c. Refuse a substitute. Sold by druggists, or by mail from The Dr. Hamilton Pill Co., Montreal.

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. Office: Canadian National Railway Station, corner Johnson and Ontario Streets, Kingston, Ont. Open day and night. Phone 99 and 143.

COUGHS

Nature's means of stopping coughs comes to you direct from her vast Spruce Forests. Over 60 years in household use.

GRAY'S SYRUP OF RED SPRUCE GUM

Spring Days

Get a load of Mixed Wood split ready for the stove, \$4.00 per load. Slabs \$3.50. Book your order now for WELSH COAL—for Summer and Fall delivery.

W. A. Mitchell & Co.
15 ONTARIO STREET
Phone 67.

Hemsley & Son
WATCHMAKERS

Try Us for Watch and Clock Repairs
109 BROCK STREET
Phone 2066v.

Hard Wood

Choice Body Hardwood. Soft Mixed Wood. Kindling and Slabs.
Chas. Bedore & Son
840 NELSON STREET
Phone 1746L.

WHEN IN PICTON

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

Rest Glasses For Occasional Wearing

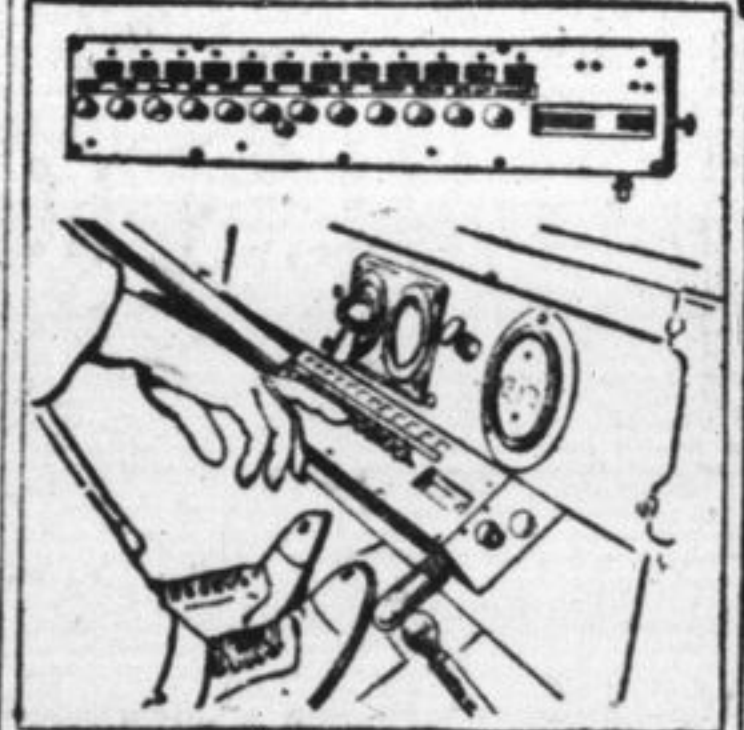
Quite frequently your eyes become tired and painful—due to prolonged reading, writing or sewing. Our rest glasses, for temporary use, will prove a pleasing surprise in comfort and satisfaction. Let us make up a pair for you.
R. ARTHEY, R.O.
VISION SPECIALIST
148 PRINCIPAL STREET
Phone 2104.
Open evenings by appointment.

What the World Is Doing

AS SEEN BY POPULAR MECHANICS MAGAZINE

Crops Measured by Meter on Auto Dashboard

For recording the measurements of fields planted in various crops, a meter attached to the dashboard of an autom-



obile has been included in the equipment of the Department of Agriculture. The instrument is operated from the same gearing mechanism used for an ordinary speedometer. Each crop may be recorded on its particular section and the dimensions of the "stands" are shown in feet. At the right of the device is a scale that registers the total distances covered in miles and the number of trips made. As each patch of a certain kind is measured, it is added to the total. Each scale is labeled and has a button which must be pressed to throw it into action. Ten principal crops are provided for as well as idle ground and pasture land.

Renewing Golf Balls

A cheap and practical method of renewing old golf balls is to fill the cracks with white rubber cement, which can be obtained at any drug store. After filling the cracks, the entire surface of the ball is painted. By repairing the balls in this way there are no bumps or cracks, which have a tendency to influence the course of the ball, and the whitened surface will

show up well. It is a good idea to wash the balls in cool soapy water before going to the grounds, as this helps to retain the old luster and removes stains.

Secrets of the Seven Seas Told by "Bottle Papers"

To learn the speed and direction of ocean currents, government experts use "bottle papers." Accurate knowledge of these drifts is important to navigation, and the safety of hundreds may depend upon it. Small slips, with directions for their return printed in the principal languages, are given to ship captains, to be sealed in flasks and thrown overboard. Months or years later, some return. One floated nearly across the Atlantic and back, and another crossed the widest part of the Pacific in a little over two years. A third, dropped near the Cape of Good Hope, was picked up on the western coast of Australia.

Sand for Railroads' Safety Costs Millions Yearly

While big figures are used in telling the cost of safety to the railways, the amazing item to the average person is the amount spent for sand. Four tons are required for every mile of road in the United States, according to the figures of one trunk line with 7,500 miles of track. As this road is in the middle west and south, where mountains are not encountered, the figures given are regarded as conservative. The cost of putting the sand into the engine box is placed at \$2.50 a ton as an average minimum. For all the roads, the yearly cost is estimated at \$2,637,070. For the most part the sand is brought from river bottoms and dried by waste steam at the round house.

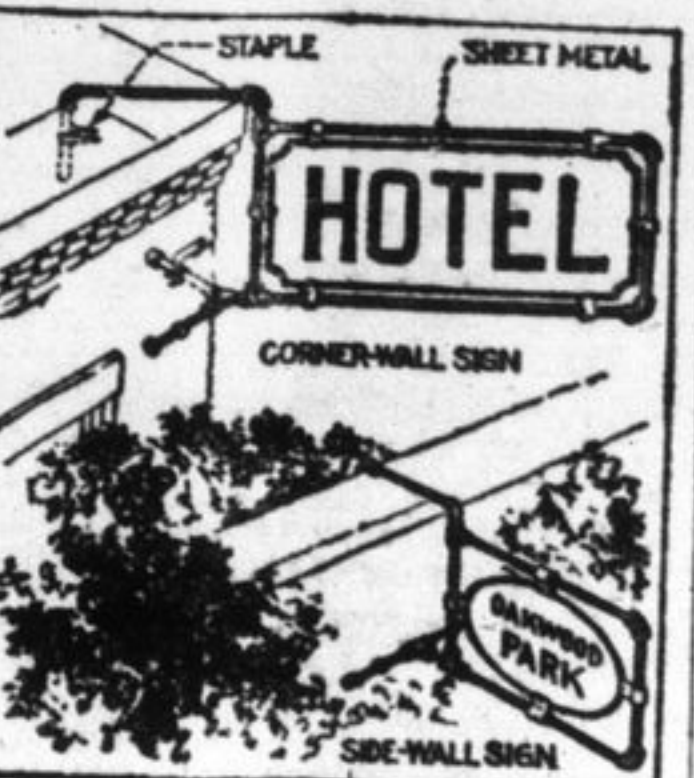
Never put an inside patch in a slit tube where the slit is over 1 in. long, because this will weaken the tube. However, when the slit is small, about 1/4 in. long, an inside patch can be used. A slit tube should always be cut on the bias before repairing.

Magnets Lay Nails Straight in Packing Boxes or Kegs

To lay nails straight in containers, a packer equipped with magnets is reported to have been built by a Swiss inventor. The machine is said to be able to fill kegs, boxes, or paper cartons and to handle wire rods, hairpins, knife blades and fishhooks with equal ease. The articles to be boxed up are poured into a huge vibrating hopper in lots of about a thousand pounds and are straightened out on large trays below.

Inexpensive Sign Hanger

Substantial and attractive metal signs can readily be made from lengths of pipe and fittings and a piece of sheet metal. The hanger is attached to a building, as shown in the illustration; no guy wires or bracing of any kind are required to support it, still it is so solid that the strongest winds will not loosen it. Two different designs are shown; one for mounting the sign at right angles to the side of a building and the other for mounting it on a corner so that it can be seen from two streets. The sign itself is a piece of heavy



sheet metal attached to the pipe frame by means of metal clips, passed around the pipe and riveted to the edge of the sheet metal as shown.

HEART WAS SO BAD HAD TO SIT UP IN BED

Mrs. O. E. Fitzgerald, 106 Ross St., St. Thomas, Ont., writes:—"In the fall of 1921, I was taken ill with my heart, but I did not pay much attention to it. I kept on with my household duties, but seemed to become worse and worse, and finally had to call in a doctor. He said I was all run down and was a nervous wreck. I had a severe pain in my chest which would move over to my heart and it became so bad I could not lie down, as when I did I had such a smothering feeling I would have to sit up in bed till it passed away.

I tried several remedies, but with no good results. Finally, I was induced to try Milburn's Heart and Nerve Pills. I took 7 boxes, and I am now as well as I was 30 years ago, and I am now 65 years old. Milburn's Heart and Nerve Pills are 50c. a box at all druggists or dealers, or mailed direct on receipt of price, by The T. Milburn Co., Limited, Toronto, Ont.



Miss Ruth Litt, Long Island, N.Y., has been chosen by the Republican women of Nassau and Suffolk counties to run against Col. Roosevelt, who is a candidate as delegate to the national convention

TO LOCATE IN KINGSTON.

Mr. and Mrs. William Vrooman, Odessa, to Move. Odessa, March 24.—Seymour Kilgannon has purchased the William Vrooman residence and property on Main street. Mr. and Mrs. Vrooman contemplate moving to Kingston in the near future, having purchased a home on Johnson street. Bon Emmons has opened a meat market in the Gordon store at the corner of Ferguson avenue and Main street. Mrs. O. D. Lewis has had electric lights installed in her residence on Main street. The Henderson pavilion, belonging to the home, will also be lighted. Stanley Fraser has returned from spending a few days with his son, Dr. L. M. Fraser, Gananoque. Nelson Kilgannon has returned from spending the past four months in Watertown, N.Y. Mr. and Mrs. James Hillier have returned from spending the past winter with their son, Frederick Hillier, Peterboro. Mrs. Henry Smith is visiting her sister, Mrs. J. G. Ettinger, Kingston. Mr. and Mrs. Byron Caton, Toronto, have been recent guests of Mr. and Mrs. E. O. Clark.

One cannot hunt eels and hares at the same time.



Mr. W. R. Little, who for some time has been commissioner of immigration for the eastern district of Canada, has sailed for England to take a position as director of European immigration for the Canadian department

HUBBY MUST NOT STAY OUT ALL NIGHT

Yonkers Woman Asks Court to Punish Husband for Bad Habit.

Yonkers, N.Y., March 25.—Raymond Gullfoyle, aged 35, was escorted into Yonkers city court yesterday by his wife, who asked that he be punished for staying out all night twice in two weeks.

The court, after advising Gullfoyle that if he insisted upon being a night owl, he must also become a jail bird, gave him a suspended sentence of thirty days in Eastview penitentiary. The sentence becomes effective if he stages another all night session.

Gullfoyle said he didn't report home some nights, in order to avoid arguments.

A SURPRISE PARTY

And an Address and Gift for a Departing Couple

Salem, March 22.—On Tuesday evening about a hundred and twenty friends and neighbors gathered with well-filled baskets at the home of Mr. and Mrs. C. M. Kemp, and gave them a surprise party before their departure for Flint, Mich., where they will visit for a time with their son, Gordon. After a very pleasant time spent in games and music, a bountiful luncheon was served. Mr. and Mrs. Kemp were then presented with a beautiful leather club bag, and an address which was read by Charles Ferguson. Mr. Kemp made a very suitable reply thanking the people for their kind remembrance. Mr. and Mrs. Kemp will be missed in the community as Mrs. Kemp has been organist of Salem church for the last fifteen years.

Ree Spencer is home from Flint, Mich. Ross Fallament is recovering from an attack of measles. Mr. and Mrs. Roy Parllament have left for their new home in Toronto. There was a large attendance at the sale of C. M. Kemp on Wednesday. There was a bes at C. C. Wannamaker's, on Friday afternoon, getting out wood. Mr. Wannamaker is recovering from his recent illness and is able to be out again.

STRENGTH AND NERVE POWER ARE CREATED BY RED BLOOD

To Build Up Vitality We Must Enrich the Blood, Which is the Driving Force of Life

What gives the athlete his strength? Red blood. What drives the worker, and the business man, also, up the steep hill of success? Red blood. What makes the glowing, vital beauty of woman? Red blood. Rich, red blood is the supreme driving force of life. If our bodies no longer respond to Nature's processes that should re-build strength and vitality, then we should look to our blood. We should enrich it, nourish it. Red blood feeds the body tissues, stimulates the nerves, makes our sys-

tems tingle with the pulsing of life. If we lack strength and nerve power we should always think first of our blood. Discouraged or exhausted men and women should get from their druggist's to-day a generous size bottle of Wincarnis. Start this home treatment at once. It costs less than ten cents a day. In twelve days see the improvement Wincarnis, the blood builder, brings. No need to worry. Wincarnis will give you new strength, vitality, nerve force.

Warburton News.

March 22.—Sugar-making is well under way and farmers report an excellent run of sap. The cheese factory has started operating and is receiving a large supply of milk. A new churn is to be added to its equipment for the coming season. Robert Heaslip recently made a business trip to Kingston. Mrs. Benedict Fodey is spending the week with her parents at Brewer's Mills. Many here attended the sale at Robert Runnings', Moorestown, on Thursday. Charles Howard, Charleston, recently purchased a load of oats from C. Cross. The sleighing is about gone and wheels are much in evidence. William Cook is on the sick list after suffering from a stroke. George Lee has returned from the Kingston General hospital where he underwent a treatment for diabetes.

Sunbury Sayings.

March 31.—The nursing class, conducted by the Women's Institute, under the direction of Mrs. M. E. Lowe, for the past ten days discontinued to-day. The class has been very well attended, sixty-one being the highest. The juniors will surely be benefited. The junior hooky boys are holding a banquet at the home of James Neddow on Friday evening. A few of the young people from here attended the show in Inverary on Wednesday. Brother Frederick, an Armenian missionary, preached in the Union church on Sunday morning. He also gave lectures on Armenia on Thursday and Friday evenings. He gave first hand information about the burning of Smyrna, in 1922, his family all being massacred, he himself escaping with a broken jaw and injuries to his limbs.

A cross-grained woman and a snappish dog take good care of a house.

Sour wine, old bacon and rye bread keep a house rich.

"Tired and Worried Nervous and Despondent"

Mrs. M. Chevalier, Belle River, Ont., writes: "For eight years I suffered from despondency and nervousness.



Sometimes I could not sleep at night for worrying and the next day I would be so tired that my work was a burden to me. I began using Dr. Chase's Nerve Food and can say I am now entirely relieved of the nervousness from which I used to suffer, and things do not worry me as they used to.

"Dr. Chase's Ointment also relieved me of eczema on my arms, which had bothered me for three years. My house is never without Dr. Chase's Medicines."

Dr. Chase's Nerve Food
50 cts. a box of 60 pills, Edmondson, Bains & Co., Ltd., Toronto

RUBER-OID ROOFINGS

50 DIFFERENT GRADES THE RUBEROID LIMITED The Power Manufacturers of Quality Roofings OFFICES AND WORKS MONTREAL OFFICES AND WAREHOUSES TORONTO FELT AND BOARD MILLS PORT NEUF

Bell Bulletin of Service Helps

Vol. I. 1924 No. 4

Telephone Girls Sell Goods

SOME Canadian stores make a practice of showing advertised bargains first to their own telephone sales girls. When customers call, the sales girls are in a position to answer questions about the goods; to recommend them from personal knowledge; and to take orders for them.

Each telephone sales girl is designated by a number, so customers can always order through the same employee if they wish. This makes selling by telephone as personal a service as over-the-counter selling. Storekeepers say the results are even more satisfactory.

So successfully does the plan work that some of the largest New York stores sent a committee to Canada to investigate and copy it.

May we help you make a beginning with this modern method of increasing sales?

"Use the Bell to Sell"



W. A. G. SPRIGGS, Manager.