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THE BATTLE AGAINST TUBERCULOSIS.

How the Spread of the White Plague Can Be Effectively Checked.

There are two distinct classes of tuberculosis victims constantly mixing with all classes of the community. Those who do not realize the danger they are to others, and therefore take no precaution, and those who realize the danger and use every means to safeguard others.

It is only by educating the sufferers that they will awaken to their responsibility.

That is what the Kingston Tuberculosis Association is endeavoring to do.

Thousands are suffering from tuberculosis, who from one cause or another do not really know it.

What is the remedy? A methodical survey of each district, as at present being carried out in various parts of Ontario.

First find the evil and then apply the remedy, which is free sanatorium treatment for those who cannot afford to pay for it.

Tuberculosis a House Disease.
 As has been said, this disease is usually caught in childhood and lies inactive in the body for a longer or shorter time until the conditions are favorable for it to develop, but it can be acquired at any time or age. Since the germ can, and often does lie quiet in the body for many years before it develops and is discovered, it is usually difficult or impossible to say just when or under what circumstances the person became infected and the infection in the case we discover has probably existed for not less than one or often for many years. It should always be remembered that it is almost always a house or indoor infection, and that it is rarely or never caught outdoors where the sunlight, which is our best disinfectant, quickly kills the germ. Thus the great real danger is from living with careless, dirty consumptives, and especially in dark, damp, dirty or ill-ventilated houses, sleeping and living rooms, workshops, factories or stores, which have become infected with the germ by the careless spitting habits of sick people.

The germ, which is a microscopic rod, invisible to the unaided human eye, is found in millions in their spit from very early in the disease, and it is through this spit almost alone that it reaches others. If we could collect and destroy all the spit of such patients and make them cover their mouths when they cough, we could greatly limit or even almost wipe out the disease. Many people do not know that they have tuberculosis, but think that they have only a "bad cough," when they already have the disease and are bringing up the germs in their spit. Every one, therefore, who spits or has a cough should be just as careful about his spitting as if he knew that he had tuberculosis. If those with germs in their sputum spit on floors or sidewalks, the sputum will be ground under foot, blown

around as dust in the air, and inhaled by other people, and may finally get lodgment in the lungs. Even when they use spittoons, unless the water be carbollized, flies will get at the sputum and carry it on their feet to other people's food.

Infection From Careless Persons.
 In the home the chief danger, as has been said, is to children, although adults may also become infected. The two chief sources of infection for children are, first, consumptive relatives or fellow lodgers, and secondly, infected rooms, dwellings or dishes. Children are apt to be kissed and fondled, and in this way the germs may be carried directly to them. Again, they play around on the floors, too often infecting their mouths and thus acquiring the infection. Therefore, the sick relatives or friends should be prohibited, as well as the bad habit of feeding them from the spoons and plates of adults. Indeed, as far as possible, children should be kept away from their sick relatives, especially if the latter cough and spit. It has been proven that if the calves of tuberculosis cows are removed, from their sick mothers as soon as they are born they grow up strong and well, whereas if left with the mother they are invariably infected.

Danger of Infected Rooms.
 No one should move into a new lodging without first finding out something about the last lodgers and making a careful disinfection of the rooms, especially if the previous residents were sick or coughed badly. In the dark corridors of many houses the germ may live for a long time and unfortunately many people would not spit on the floor of a bedroom, will do so on the floor of a corridor. If every one who reads this will see to it that his home is kept strictly clean, that as much sunlight as possible is admitted to

it, and that no one is allowed to cough and spit carelessly, it will do much to lessen his family's danger of catching this disease.

Dangers of Sweeping.
 The dry sweeping of rooms should never be allowed, as it raises clouds of dust, which may contain the germs, which are thus breathed directly into the lungs. Therefore, all broom sweeping should be preceded by stirring the floor with damp sawdust, or tea leaves or bits of wet paper or something similar, and if it is at all possible, vacuum sweeping or cleaning should be used.

Working Men Infect One Another.
 Outside of the home, there is much danger in offices, stores, workshops, factories and mills. Experience shows that both clerks and workmen too often spit promiscuously on the floors of their work places, and since many of them, often without knowing it, have the disease, they infect their fellow workmen, and every year hundreds of Canadian laborers are made sick in this way. It is only our labor unions know the danger of the spitting habits of sick workmen, they would insist that every one who spits should carefully use a spittoon containing water with a tablespoonful of carbolic acid to the pint, and they would see to it that those who persist in breaking this rule should be dismissed from the union. In this way they could greatly lessen the number of their members who get this disease.

Infection From Coughing Patient.
 Infection also comes about from a patient spraying out and scattering around fine drops of moist spit when he coughs or sneezes. This can be entirely avoided if every one formed a habit of covering his mouth with a handkerchief at such times.

(To be continued next week)

My husband talks in his sleep?
 Doc: "Give him a chance to talk during the day."
 —J. Kalnitz.

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M.P.'s Sold Newspapers.
 Almonte Gazette.
 William Thoburn, former mayor of Almonte and former member of parliament was a newsboy for a little while when he was a sedate member of the Commons. So was the late Hon. William Templeman when he was no less a personage than a member of His Majesty's government and of the Privy Council of Canada.
 Mr. Thoburn drifted into the Gazette office the other day and in the

Germ of Catarrh Make Sore Throat
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Relief comes at once when you breathe in the soothing vapor of CATARROZONE. Once its healing, piney essences strike the bronchial tubes, you realize that a powerful treatment is at work. Irritation can't live in the throat of a person inhaling CATARROZONE. It is so soothing, so warming, so full of concentrated healing power that you get relief at once. Catarrh, stops the cough, removes all necessity to clear the throat makes even the chronic sufferer realize that at last he has discovered a real friend. For coughs, colds, catarrh and winter ills, nothing in the family could be better than the complete dollar outfit. Small size 50c. All dealers, or by mail from The Dr. Hamilton Pill Co., 311 Notre Dame West, Montreal.

The Fun Shop

Our Inquisitive Reporter.
 Our Inquisitive Reporter yesterday asked this question of four people chosen at random:

"Do you think that the economic independence of women will contribute appreciably to the harmonizing of marital conditions, or will it rather augment the divorce problem, and if so, whom do you feel should have the custody of the children?"
 Mrs. Jane Beecher, housewife. "I think the whole secret of making any husband is to beat the yoke and whites separately."
 Jim Doane, accountant. "Say, there are thousands of people in this town, according to the last census. Why pick on me?"
 Mrs. Frederick Longstreet. "How dare you suggest such a thing, young man! My husband and I have been married eighteen years and never had a harsh word between us except when I sharpened a pencil with his razor blade."
 Charlie Leeds, messenger. "No, Mister, I ain't interested in buying no ukulele just now. Why don't you try to raffie it off?"

And Tomorrow is June 1st.
 Tit: "August Jones is to be married June first!"
 Tat: "I see The first of June will be the last of August."
 —Spencer A. Gard.

Les Miserables.
 (By Griff Crawford.)

Broke, broke, broke;
 As broke as a guy can be;
 I drew for aces and pairs and fills—
 But never came they to me.

Broke, broke, broke;
 Not once could I run a bluff;
 But sat entranced as I watched the twain
 Wade into my fading stuff.

Call, call, call;
 Or raising me back you see—
 And that's what those two well-dressed guys
 Did in the Pullman to me.

One of Her Daily Doses.
 The stenographer was new at the job. Her boss was writing to the president of a great university, and was trying to make his language becomingly important. In the course of his dictation he told the college president that he expected to be in the university town within a few days, and added: "I should like very much to visit your domicile."
 The typist, reading her hieroglyphics as she transcribed, was not the sort to heckle a man over a syllable or two. When the letter was presented for signing, the boss found himself telling the college president: "I should like very much to visit your dumb asylum."
 —Arthur McKeogh.

CORNS

Lift Off—No Pain!



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.

When a pretty girl tells you the truth, she is adorably frank; when your wife does it, she is nagging insufferably.

A Wise Doctor.
 She: "What should I do, doctor?"

Pretty Whites

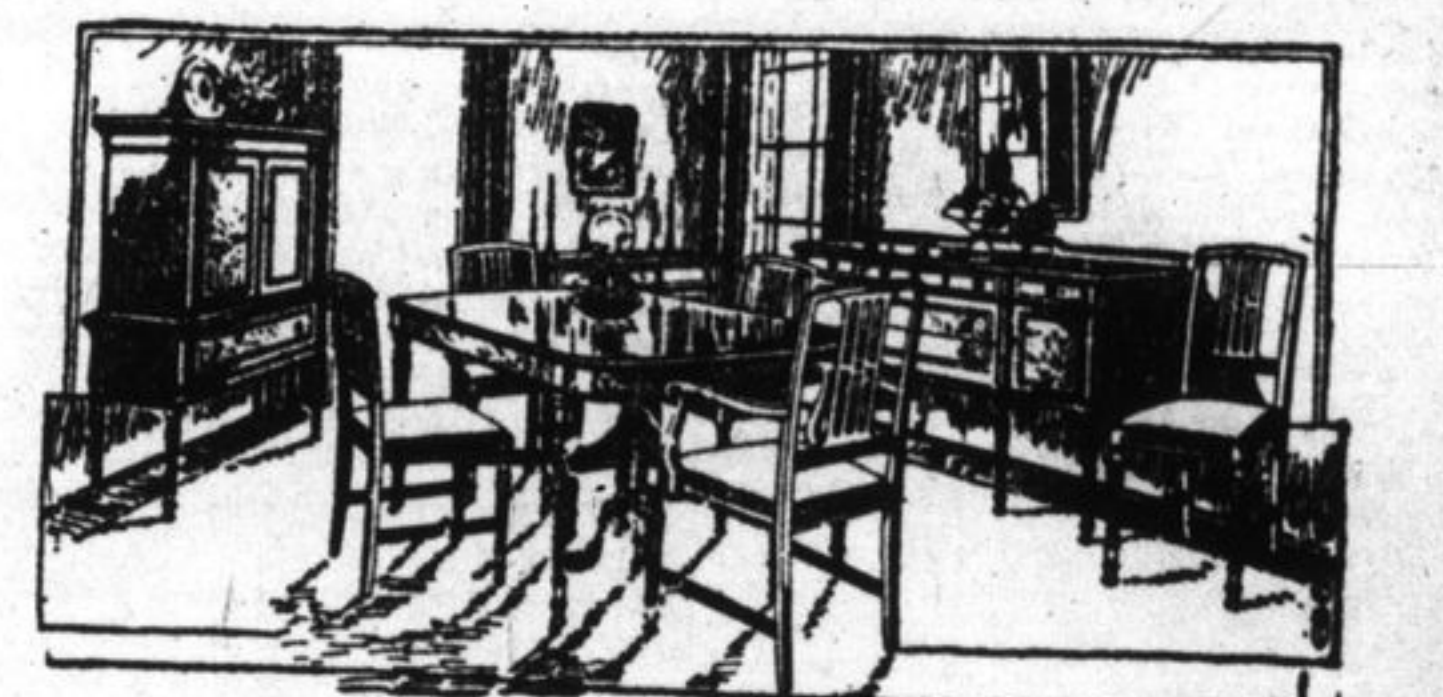
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JAMES REID

Phone 147 for Service. The Leading Undertaker

course of conversation he said: "Do you know that I sold newspapers once?"

And he told the story. He and Mr. Templeman, life-long friends that their opposite views on politics could not draw apart, went to the tercentenary celebration at Quebec a number of years ago. Passing along a street they bought newspapers from a bright looking lad.

The lad eyed them hopefully. He had a message to deliver which would only take a few minutes. The gentlemen look kind. Would they watch his bundles of papers for him while he was away? Sure they would.

And then the humor of the situation struck the two members of parliament. Why not sell the newspapers? There was Sir Wilfrid Laurier coming along.

"Paper, Sir," said Mr. Thoburn, "All the latest news about the tercentenary."
 "No change given," and Mr. Thoburn hung on to the dime.
 They did a merry trade these two M.P.'s. They accepted everybody who passed and pressed them to buy. They met ready customers. The big bundles were almost all gone when the boy came back. They poured their gains into his open hands and went their way.

IMPORTANT MESSAGE TO BOYS AND GIRLS
 An Open Letter From the Kiwanis Club of Kingston.

Boys and Girls of Kingston—The big Kingston Kiwanis Carnival will be held in the Armouries all next week and the first opening has been specially arranged for you.

The mayor of the city will open the Carnival on Tuesday afternoon at two-thirty.

You will be interested in the displays by merchants and manufacturers.

You will hear the Victoria school boys' choir and see the class of young dancing girls trained by Miss Hudson. We hope the girls will bring lots of pretty dolls for the doll houses. The admission afterwards is ten cents and evenings fifteen cents.

Any money made by the Carnival will be spent for the good of the whole community. We want you to help us.

—THE KIWANIS CLUB.

Mineral deposits in Persia are undeveloped, but known to be extensive. In England, Scotland and Wales, one person in every 100 owns a motor car.

Tells Just Why He Recommends Them
 Quebec Man Found Complete Relief in Dodd's Kidney Pills.

Rheumatism and Backache were two of his ills. The others also came from sick kidneys and Dodd's Kidney Pills drove them all away.

Padoue Station, Que., May 30.—(Special) "I have suffered with rheumatism, backache and headaches for five years. I also had cramps and could not sleep. Five boxes of Dodd's Kidney Pills have given me complete relief."

This statement comes from Mr. G. Levesque, a well-known resident of this place.

Other sufferers from rheumatism and backache tell of pains relieved and health restored through the use of Dodd's Kidney Pills. They act directly on the kidneys. They strengthen the kidneys and put them in shape to strain the uric acid out of the blood. Uric acid crystallizing in the muscles causes the pain known as rheumatism.

Dodd's Kidney Pills have built up their reputation on the good work they have done.

Obtained from all druggists, or The Dodd's Medicine Co., Ltd., Toronto.