

**A Severe Attack Of Heart Trouble**  
Was Relieved By  
**MILBURN'S Heart and Nerve Pills**

Mr. S. E. Barnes, Athens, Ont., writes:—"Four years ago I had a very severe attack of heart trouble. I consulted my doctor; he treated me for some time, but I only seemed to be getting worse. I finally went to our druggist and purchased three boxes of Milburn's Heart and Nerve Pills and derived immediate relief from their use, and I can truthfully say they are a wonderful medicine. I always keep a box on hand, and if I feel out of sorts I take a few pills and feel all right again."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

**Restore Your Glands**

Youthful vigor and a fresh grip on life comes from renewed and reactivated glands. It can be done. Free, a sample of Dr. Alexander's Vitalex Tablets, a remarkable Gland stimulant. No cost, no obligation, just send name and address to VITALEX LABORATORIES, 707 Bohan Bldg., Toronto.

**LINIMENT FOUND TO BE POWERFUL GERMICIDE**

Originally, Absorbine Jr. was sold only as a pain reliever and an embrocation. It was quickly discovered that the liniment was positive death to all forms of germ life, and it is now used as a mouth wash, for wound dressing and for all disinfecting purposes.

Another surprise was yet in store. A Wm. Pratt of Springfield, Mass., applied Absorbine Jr. to a varicose vein to relieve the intense pain. Not only did the pain leave, but he noticed every day the swollen vein becoming smaller. The treatment was kept up and, today, Mr. Pratt's legs, though he has never used anything else on them, are as smooth as when he was a boy. It has now been proved that Absorbine Jr. is an actual specific for varicose veins, leg ulcers, boils, pyorrhea and a number of other ailments and injuries besides that for which it was first prepared. Nothing serves so many every day purposes and nothing is better entitled to its place in every home. When it is needed, it will be needed in a hurry. Don't wait for someone to be hurt. Get it at your druggist's today. \$1.25 everywhere.

**Buy Your Disappearing Propeller Boat Now**

We will sell a limited number of our celebrated Disappearing Propeller Boats—the best small power boats made, and give immediate deliveries on receipt of \$55 cash or purchase price—balance on terms.

Thus \$65.75 secures delivery of a \$75.00 boat—other sizes in proportion.

Price \$275 and upwards. Write for illustrated catalogue and prices, or better still, call in at our Show Rooms.

**THE DISAPPEARING PROPELLER BOAT CO. LTD.**  
92 West King Street, Toronto,  
212 St. James Street, Montreal

**Prince George Hotel**  
TORONTO  
In Centre of Shopping and Business District  
250 ROOMS  
100 with Private Baths  
ELECTRIC PLUMBING  
E. WINNETT THOMPSON, M.A.S.E.E. B.S.E.

The death took place Wednesday of Samuel Kincaid, son of Mr. and Mrs. William Kincaid, Monroeville, aged twenty-three years. The young man had only been ill a few days from pneumonia.

Marshall Peters, Newburgh, had the misfortune to fall and break his hip. The old gentleman is doing as well as could be expected.

Ralph Osborne Campney, Picton, has successfully passed his final examination in law and was called to the bar.

**The TIME YOU LOSE when Constipated**  
makes every Beecham's Pill worth at least a Dollar in the Time it has Saved you.

The Constipation Habit costs more than time, for it sets you back in many ways. It lowers vitality, cuts down your ability, wastes even the food you eat. Beecham's Pills make your bowels free and regular. They are famous also as an aid to digestion and a stimulant to the liver. Beecham's Pills, by helping the entire digestive tract, benefit the whole system.

Sold Everywhere in Canada

**BEECHAM'S PILLS**

**Sunday Services in Churches**

**St. Andrew's Presbyterian**—Rev. John W. Stephen, minister. Services, 11 a.m. and 7 p.m., conducted by the minister. Strangers cordially invited. Sunday school and Bible classes 3 p.m.

**Cooke's church, Brock street**—Rev. T. J. S. Ferguson, minister. 11 a.m., "The Last Words of a Great Man." 3 p.m., Bible school. 7 p.m., "Eternal Life and Eternal Punishment." Everybody welcome.

**St. Paul's**—Morning prayer, 11 o'clock. Preacher, Canon FitzGerald, M.A. The Sons of England will attend in a body. Sunday school, 3 o'clock; evening prayer, 7 o'clock. Preacher, Canon FitzGerald, M.A.

**Chalmers' church, corner Earl and Barrie streets**—Minister Emeritus, Very Rev. Malcolm MacGillivray, D.D.; minister, Rev. Geo. A. Brown, M.A., B.D. 11 a.m. and 7 p.m. Public worship conducted by the minister. 2 p.m., Bible class; 3 p.m., Sunday school.

**St. James' church, Union and Barrie streets**—T. W. Savary, B.A., rector, the rectory, 152 Barrie street. 11 a.m., holy communion and sermon. Subject, "The Amen." 3 p.m., Sunday school. 7 p.m., evening prayer and sermon. Subject, "The Glory of Man."

**Queen Street Methodist Church**—Rev. W. S. Lennon, B.A., D.D., minister. Services at 11 a.m. and 7 p.m. The pastor will preach at both services. All seats free. Sunday school and Bible classes at 3 p.m. Strangers and visitors cordially welcomed.

**Bethel Congregational church, corner Barrie and Johnson**—11 a.m., Mr. Norman R. Wright, B.A., will preach. Subject, "The Ceasing of the Manna." 7 p.m., Dr. Neil M. Murchy. Subject, "A Study in Contrasts." Sunday school at 3 p.m. Christian Endeavor, Monday, at 8 p.m.

**Calvary Congregational Church**—(The Friendly Church), corner of Bagot and Charles streets. Rev. Frank Sanders, minister. 11 a.m., "The Great Commission;" 3 p.m., Sunday school; 7 p.m., "Saved to Serve." The minister at both services. A hearty welcome and helpful message.

**St. George's Cathedral**—Sunday after Ascension. Hospital Sunday.

**WOMEN IN INDUSTRY.**  
By the Rev. Charles Stelzle.

The cry has gone up that the women have entered industrial and business life and are driving out the men. Exactly the opposite is true. Women have not always worked in factories, but not always in the earliest days they did much of the work that the men are now doing. The women formerly did the spinning, the weaving, the sewing, the knitting; they cooked and brewed, and cleaned, and performed the other duties of the domestic servant. To-day men tailors make thousands of women's suits; men dressmakers and even milliners are come; men make our bread, and do much of the work for the steam laundry where our clothes are cleaned. Men also have learned to clean our houses by the vacuum process. So that it isn't altogether fair to insist that women have been crowding men out of industrial life.

The history of women in industry in the United States is the story of a great industrial readjustment. They will not be kept in the home. No doubt many of them should remain there, but large numbers must, and probably should, become wage-earners. To become such is often one of the chief methods for the development of self-reliance and character. Even factory life is not always what its opponents declare it to be. On general principles it may be said that the girl who works in the factory has as fine a character as her sister who is an idler in her home, or even she who is engaged in some other form of work.

What is it that develops character? It is the necessity of doing one's daily work, in spite of headache and heartache; of being compelled to face problems and to solve them; to meet difficulties and to conquer them. And who does more of this than the woman who is compelled to work for her living? Instead of being a deteriorating influence

upon operatives, as well as upon the population surrounding it, the factory has resulted in raising moral and ethical standards. Undoubtedly, the factory has been beneficial in a purely economic sense. Attention has been called to the high standard of the Lowell factory girls when they were composed of daughters of New England farmers. These girls, through economic influences, were forced out of the factory, but they were not forced downward in the scale of life. They were crowded out, but up into higher callings. They became the wives of foremen and superintendents, teachers in the common schools, clerks in stores and counting rooms. The women who came in to take their places were very largely Irish girls, fresh and raw immigrants from the poorer and less developed localities of Ireland, taking the places of the English and American girls in the eastern factories; they soon began to improve their condition, and the result was that they, in turn, were crowded out by another nationality. But the Irish girl did not retrograde. She progressed, as had her predecessors, and enlisted in higher occupation.

Next came a great body of French-Canadian women. The opposition in the New England states to the presence of the French-Canadian was as great as it ever had been against the coming of the Irish, but the French-Canadians have also made progress. Slowly they are graduating from the factories, and the Greeks and Italians are taking their places. No doubt the history of the factory in New England has been such as to lead us to believe that it has reached down to the lower strata of society and lifted them up to a higher standard of living.

The introduction of the typewriter some forty years ago did more than any other one thing to open new fields for women. And how they responded to the possibilities offered them is shown strikingly by the census figures. During these years the entire group of women bookkeepers, accountants, clerks, copyists, stenographers and typewriters increased about fifteen times as rapidly as the whole body of working women. It isn't the fact that a woman works in a store or office or factory that lowers her standards; neither is it altogether the salary or wage that she receives, but unquestionably the latter has a good deal to do with her comfort and her ability to procure the things that make life worth while.

Usually, when we try to get at what constitutes a "living wage" we are apt to say that so much is required for rent and food, so much for clothing, so much for laundry; and if there is a small margin left over and above the incidentals which are also necessities, we congratulate ourselves that the woman who receives so much money has a "living wage." But the fact of the matter

is, the things which she is compelled to purchase with the trifle that remains really constitute all of life for her. She must eat, she must be sheltered and she must pay her carefare to go to work. It is what she does when her work is finished, when she can do the things that she wished to do, that the best enjoyment of life begins however much she may appreciate her work and the routine of her daily life.

Any one who is familiar with living conditions in our great cities can see at a glance that the earnings of women in industry are inadequate to maintain a decent standard of living, and when they do maintain this standard it proves the unusual strength of character of the women engaged in industrial life.

**PALE, WAN CHEEKS AND DULL EYES**

Is Proof That the Blood is Thin and Impure.

It is the blood that gives color to the cheeks and lips, as well as brightness to the eyes. If your blood gets thin the color will fade and the eyes grow dim. By the time this happens you will notice that you tire easily and are subject to headaches and backaches, for the blood goes everywhere and the entire system feels the effects when it becomes thin. Dr. Williams' Pink Pills contain the elements necessary to enrich the blood, and this better blood strengthens the nerves and all the organs of the body, brings a glow of health to the cheeks, brightness to the eyes and a general feeling of renewed health and strength. Miss Florence Johnson, Stratford, Ont., who has proved the value of Dr. Williams' Pink Pills in cases of this kind, says:—"A few years ago I was greatly run down; my blood was very poor and my nervous system in bad shape. The doctor said my condition was due to improper diet and lack of fresh air. I then commenced eating the food he advised and went out daily for a walk. I did not improve, however, and was much discouraged. A friend advised me to try Dr. Williams' Pink Pills. I lost no time in getting a supply and can truthfully say that when I had finished the first box I could not see an improvement. From then on the progress was steady. My complexion, which had been pale and sallow, began to take on a healthy glow, I felt a great deal stronger and my appetite became normal, and soon my health was fully restored. Before using Dr. Williams' Pink Pills I did not know anything about their wonderful qualities, but now I recommend them to all suffering from similar ailments."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**THE TOWN WATCHMAN**

There was a time when most of the male school principals here were the terror of bad boys. At recess time the whole school would be lined up in the yard to witness a boy getting a thrashing, and it was no light one that some of the burly teachers gave.

With regard to the discussion over the appointment of women as school principals here, the Watchman has this to say: There are far too few male teachers in the public schools. The more appointed the better.

Bellefleur is getting grants from both the federal and the provincial governments for the 140th anniversary of the landing of the United Empire Loyalists. It was close to Kingston that the Loyalists landed and first settled. Had Kingston made a bigger effort it might have secured government grants for the celebration of its 250th anniversary last July.

It is stated that a woman who robbed a bank in an Illinois town, carried a baby. Perhaps it was just a rag baby like the kind they use on the stage.

Some people seem to think that electrical energy is limitless and cannot see why the utilities commission should restrict the use of electrical ranges. There is certainly lots of electrical energy but it first has to

**KINGSTON KIWANIS KARNIVAL**

**THE ARMOURIES**

**June 3rd, 4th, 5th, 6th & 7th**

A Week of Music, Fun, Dancing and unique contests; also industrial exhibits by Kingston Merchants and Manufacturers. Everybody is invited.

Special Feature Attractions Each Day Different

<p><b>TUESDAY, Children's Day</b> 40 Beautiful Dancing Girls. Afternoon. 2.30—Official opening by His Worship the Mayor. 3.30—Victoria School Boys' Choir. 4.00—Miss Hudon's Dancing Girls. 4.30—Dressed Doll competition.</p> <p><b>WEDNESDAY, Visitors' Day</b> Kingston's Boys' Choir. Baby Show (afternoon). Boy Scouts exhibition.</p>	<p><b>THURSDAY, Musical Day</b> Kingston Choral Society. Princess of Wales Reg't Band. Bird Box competition.</p> <p><b>FRIDAY, Military Day</b> Exhibition by the Gentlemen Cadets of the Royal Military College. Girl Guides Drill and Marching</p> <p><b>SATURDAY, Kiwanis Day</b> The biggest Community Dance ever held in Kingston. Decorated Bicycle Parade.</p>
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Dancing Every Evening, 8 to 12, First Class Orchestra.  
ART EXHIBITS. STAMP SHOW. MUSIC GALORE.  
HOURS: Afternoon 2.30 to 6.00. Evenings 7.00 to 12.00.  
ADMISSION: Adults, Afternoon, 15c. Evening, 25c.  
Children, Afternoon 10c. and Evenings 15c.  
Proceeds for the Welfare and Charity Fund of the Kiwanis Club.

developed at waterfalls. Just now we are using up nearly all that is developed and available.

The chemists who met here this week were not averse to dancing and having a game of cards. Being scientific men they should be adept at the card game. There are many of their friends here who would like to have accompanied them to Corbyville. No wonder there was a big attendance for that pleasure jaunt.

This talk about a marriage between the Prince of Wales and a slip of an Italian princess is all moonshine. The future British king does not want an unmarried consort. He needs someone who will be useful and is not looking at sixteen-year-old kids.

Gananogue had a golf match the other day and the prizes were "two handsome silver flasks." Of course they were presented by a Montreal man, but what use will they be around Gananogue, which is reported to be a very dry town?

It appears that the Portsmouth Girl Guides arrived at the Queen street Methodist church ahead of all other comers last Sunday morning for the Guide parade, although they had to travel two miles. The girls of Portsmouth are used to rising early Sunday as well as on other mornings. They do not believe in loafing the best part of the day in bed.

"Canned Sunlight." A speaker at the Chemists' Convention this week called calcium carbide "canned sunlight," meaning that the sun drew the water into the clouds, the rain swelled the rivers and the electrical power from the rivers was used to fuse limestone and coke into the substance which with water only makes acetylene gas. The wonders of this gas could not be better illustrated than in the work now going on at the old Queen's rink. Here Mr. Cohen has several oxy-acetylene torches at work cutting the steel into lengths of four feet or so when it is easily loaded on waggons. Half a minute is enough for the pale blue name to sever the small trusses that would take hours with the old-fashioned hack-saw. The workmen are now close to the outside walls.

A Very Good Train to New York. New daily train service has been inaugurated between Toronto and New York via Canadian National-Lehigh Valley Railways, leaving Toronto 5.30 p.m., standard time, arriving New York 8.28 a.m. at Pennsylvania depot, which is located in the heart of the shopping district. Returning you can leave New York at 6.15 p.m., arriving Toronto, 8.53 a.m., standard time.

In addition to regular sleeping car equipment, there is Drawing Room-Compartment Car, also Dining Car service.

For full particulars apply to J. P. Hanley, C. P. & T. A., Kingston, Ont., or any Canadian National Railway agent.

In Warren, Penn., on May 23rd, the death occurred of Mr. Charles F. Frost. Mr. and Mrs. Frost formerly lived at Actinolite and Flinton.

E. Gandler, Newburgh, has sold his shop to C. D. Shorts & Son. Mr. Gandler will still continue in the shop to serve customers for a time.

**Guinea Gold CIGARETTES**

Mild and Extra Fine **20 for 25¢**