

BILIOUS and SICK HEADACHES ARE CAUSED BY CONSTIPATION

Once you allow your bowels to become constipated you will become troubled with bilious and sick headaches, and for relief you must help your liver to remove the poisonous bile that is circulating in the blood and upsetting the entire biliary system.

MILBURN'S LAXA-LIVER PILLS

Mrs. L. G. Nethercott, R. R. No. 1, Oran, Ont., writes: "I was awfully troubled with constipation, and sick and bilious headaches accompanied with severe vomiting spells which made me very miserable. I tried different remedies, without relief, but since taking Laxa-Liver Pills the headaches and constipation have disappeared, and I am very thankful for what they have done for me."

For sale at all druggists and dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Clear Your Skin With Cuticura Soap to Cleanse, Gently to Heal, Absolutely Nothing Better

Folly to Suffer With Piles

Step into any drug store, get a 50-cent pkg. of Fyramid Pile Suppositories and stop the soreness, pain, itching and bleeding. Thousands declare it a wonder, many saved from operations, entire families rely upon Fyramid and recommend them to their friends.

COAL

Our Coal has been classed the highest grade of Scranton Coal. Nut, Stove, Egg \$15.50 Pea \$11.75 Virginia Nut \$15.50

Aylsworth Bros. Phone U. R. Knight 1795W.

Limbs ache?



Get this immediate comfort

Take that aching stiffness out of overworked muscles at once. Apply Sloan's lightly. Don't rub it in. Its stimulating ingredients send fresh blood to the place that hurts—and this swiftly clears out the fatiguing poisons and stops the ache. All druggists—35 cents.

Sloan's Liniment - kills pain!

Solving the Crossword Puzzle is all right—but you can get more solid comfort out of buying one ton of

LACKAWANNA COAL

Chestnut, Stove or Egg at \$16.00 per ton. Get buying any of the inferior kinds. Insist on Lackawanna Coal.

W. A. Mitchell & Co. Sole Distributors for Kingston, Telephone 67.

SANTAL MIDY CATARRH OF THE BLADDER Each Capsule MIDY Bears Name of Doctor of Commerce

SORE THROAT

IS A COMMON AILMENT WHICH UNLESS CHECKED IN TIME MAY DEVELOPE INTO A CHRONIC CONDITION. SIMILARLY A COUGH WHICH IS NOT DEVELOPED AND TREATED EARLY WILL DEVELOPE INTO A BRONCHITIS. TREATED AT ONCE WITH DR. THOMAS' ECLECTIC OIL THE INCONVENIENCE AND SUFFERING MAY BE AVOIDED. AN OLD AND RELIABLE REMEDY IS FOUND IN

DR. THOMAS' ECLECTIC OIL

GET IT REPAIRED

Sewing Machines, Phonographs, Grams, Bikes repaired and retuned. Parts supplied. Sewing Machines, Phonographs and gram records. Lovers of all kinds of tools. Keys fitted to Lawn Mowers sharpened and repaired. We can repair anything that is repairable.

J. M. PATRICK 140 Spadina Street, Kingston Phone 3882L.

People of this continent who go to Paris in quest of some thing naughty are hard to satisfy.

RADIO

TUESDAY, FEBRUARY 10.

KDKA (209.1) Pittsburgh, Pa. 9.45 a.m.—"Stockman" reports of the Pittsburgh livestock markets; general market review and agricultural items. 2.30 p.m.—Closing quotations on hay, grain and feed, from the "Stockman" studio. 6.15 p.m.—Dinner concert. 7.15 p.m.—"Stockman" reports of the primary livestock and wholesale produce markets. 7.30 p.m.—The Radio Godmother. 8.30 p.m.—"The Dawn of Spring," a new cantata by Richard Kountz; soloists and ensemble; sopranos, Juliet Bartlett, Irma Carpenter, Irene Garrison Crumblett, Alice King; contraltos, Mabel King, Marie Lans St. Claire, Barbara Bees Wellman, and the KDKA Instrumental Ensemble, under the direction of the composer. 11 p.m.—Concert from The Pittsburgh Post studio.

ONRA (818) Moncton, N.B. 8.30 p.m.—Musical programme. Dance music by Joe Mazzeo and his Rainbow Melody Boys of Moncton, N.B.

WOO (509) Philadelphia, Pa. 11 a.m.—Grand organ. 12 noon—Luncheon music. 4.45 p.m.—Grand organ and trumpet.

WRC (469) Washington, D.C. 5.45 p.m.—Children's hour by Peggy Almon. 7 p.m.—Dinner concert. 8.10 p.m.—Recital by Katherine Riggs, nationally known harpist. 8.30 p.m.—"The Political Situation in Washington To-night," by Frederick William Wile. 9 p.m.—"The Seventh Brunswick Hour of Music." 10 p.m.—To be announced. 10.15 p.m.—Dance music by Meyer Davis' Le Paradis band.

WEAF (492) New York City. 11-12 a.m.—Vee Lawnhurst, pianist. Lecture under the auspices of the Board of Education. 4.5 p.m.—Julia Larson, violinist; August Werner, baritone. Women's programme under the auspices of the Women's League of the United Synagogue of America. 6-11 p.m.—Dinner music from the Rose room of the Hotel Waldorf-Astoria.

WGY (880) Schenectady, N.Y. 9 p.m.—Music; talk by Mrs. Charles A. Simon, Woman's Club of Schenectady. 2.30 p.m.—Organ Programme. 3.30 p.m.—Dinner music. 7.30 p.m.—Programme by WGY orchestra. 9 p.m.—Brunswick hour of music, National Music Memory Contest. 11.15 p.m.—Organ recital by Stephen E. Botsch, from Proctor's Harmanus Bloecker Hall, Albany.

WGR (819) Buffalo, N.Y. 6-7.30 p.m.—Hallpyrd String Quartet dinner music. 10-11 p.m.—Goodrich Silvertown Cord Orchestra.

WVAI (826) Cincinnati, O. 7 p.m.—Hotel Gibson orchestra. 7.30 p.m.—Chime concert; children's stories, Mrs. Behrman. 8 p.m.—Hotel Gibson orchestra. 9 p.m.—Musical programme.

WBZ (287) Springfield, Mass.

8 p.m.—L. S. Wiggin ensemble, direct from Schrafft tea room. 6.45 p.m.—Violet Criddle, soprano, accompanied by Don Ramsay. 7 p.m.—Market report as furnished by the United States department of agriculture at Boston. 7.05 p.m.—Bedtime story for the kiddies. 8 p.m.—Broadcast direct from the Boston Arena of the Pro-Hockey games, Boston Bruins vs. Canadiens. Hotel Brunswick, Boston. 10.05 p.m.—Dance music by Sid Rheiner's orchestra, Hotel Brunswick, Boston.

WOC (484) Davenport, Ia. 5.45 p.m.—Chimes concert.

WQJ (448) Chicago, Ill. 7-8 p.m.—Dinner concert by Ralph Williams and His Rainbo Garden Orchestra.

10 p.m.—2 a.m.—Ralph Williams and His Rainbo Skylarks; WIN Rosetter, the daddy of them all; Nate Caldwell, pianologue; University Trio; the Mark Sisters; Buster Graves, the boy soprano; Blanche E. Robinson, accompanist.

Complete radio programmes sold at Canada Radio Stores.

When Father Built the Radio.

Pop said he'd build a Radio For Mom and Sister too, It would give 'em no end of fun To listen to Tim-buc-too. Maw she said, "Hop to it, Dad" We surely will be glad To listen to lovely music When we feel blue and sad.

So Pop he started building This lovely radio, "Now mind it's all for you, Mom, And little Sister Sue" Each night the room was upside down The air was sometimes blue, But Mom she never said a word, Just smiled and helped Pop too.

At last 'twas nearly finished Just one more wire to fix And Pop and Mom were all keyed up Over the box of tricks The Aerial and Ground were right And all was in its place The whole darn family gathered round A smile on every face.

Now Pop puts the phones on And turns the knobs around Fumbles a bit behind the board And looked so very profound, Mom says, "Ain't it working, Dad?" Tom says, "Change your ground." Pop just sits and stares at us And says, "There ain't a sound."

And so Pop builds another An' another after that He says if I can't make it go I'll dern well eat my hat Mom she just looks on and smiles, Says, "Let me hold the iron" While you get all them wires on dear "This one will sure get Zion."

And now once more it's finished, Pop sure has made it go; We're getting San Francisco And near to Jericho But Pop sure hogs that radio From Mom till late at night And sits, and does the shimmy My Paw's some radioite.



A Wonder Year for Mutualists Record Surplus of \$3,500,258 earned for Policyholders of Mutual Life of Canada

Previous High Mark Passed by Half a Million Dollars

A YEAR of most gratifying results was reported to the policyholders of The Mutual Life Assurance Company of Canada at their 55th Annual Meeting on February 5th. In every phase of its business, the growth of Canada's pioneer Mutual Life Company was eminently satisfactory during 1922.

The real test of a life insurance company operating on the participating plan is its surplus earnings from year to year. It is, therefore, of supreme interest to our policyholders—who alone constitute the company—that the 1922 surplus earnings reached the record total of \$3,500,258.

Increased Distribution to Policyholders

During the past year an increased distribution was made to policyholders of \$579,962.53 more than was paid out in 1921, a total of \$2,689,007.99 having been paid out in dividends. This sum is most significant when it is realized that it meant a RETURN to the policyholders of approximately 25% of premiums received by the company during the year.

Healthy Increase in Business

During the year a total of \$43,324,297 of new assurances was written, representing an increase of \$4,283,179 over that of 1921. This increase shows a healthy, progressive expansion of the company's business—expansion as rapid as compatible with the best interests of the policyholders.

The business in force now amounts to \$295,729,866 on 135,285 policies, compared with \$269,982,566 at the end of 1921—a net increase for 1922 of \$25,747,300, after allowing for policies revived and bonuses, as well as new business, and deducting the various terminations.

The Company's Exceptional Strength

Three effective factors contributed to the exceptionally high surplus earned for policyholders. These factors were economy in administration, remarkably favorable mortality and high interest rate on invested assets.

Despite the fact that the new policies issued for the past year exceeded that of 1921 by over 4 1/2 millions of dollars, the percentage of income required to cover general expenses of administration was reduced from 16.15% to 15.52%.

The mortality experienced during the year was extraordinarily low, the ratio existing between actual and expected death claims being only 36.01%, as against 39.26% in 1921, the previous low record in recent years.

Likewise, in the face of a downward trend in interest rates—especially on high-class bonds in which so large a part of the company's assets is invested—the average interest yield on our invested assets was 6.41%—reflecting the satisfactory earning power of the company's investments.

The company's happy situation is further revealed in accumulated assets of \$65,960,767, an increase over the previous year of \$6,233,378. The consistent prosperity enjoyed by the company invites the confidence of the insuring public.

Striking Statements from Addresses

The results of the year are sufficient, you will agree, to point the moral that co-operation, scientifically employed, as it is in our case, eliminates the middle-man and his profits and, thus, assures to the policyholders a more generous distribution. —Hume Cronyn, President.

A Mutual Company exists for the express purpose of furnishing maximum protection at a minimum cost and its success is indicated in the amount by which the cost of protection is reduced. When it is said that during the lifetime of The Mutual of Canada, \$15,963,134.22 was paid in dividends to policyholders and that of this amount, the large sum of \$12,870,044.28 was paid out during the past ten years, it will be self-evident that the aims of the company are being realized, and that it is functioning in accordance with the altruistic motives of its founders. —Chas. Ruby, General Manager.

The MUTUAL LIFE of CANADA WATERLOO — ONTARIO

Operated solely for its policyholders

S. ROUGHTON, District Manager Phone 610 60 Brock Street

CROSS-WORD PUZZLE

Grid for crossword puzzle with numbers 1-68.

This is a crossword puzzle, judging by the design. But it's not so difficult as to make you cross.

Horizontal. 1. Incident in a story.

DR. HAMILTON'S PILLS FOR HEADACHE, BILIOUSNESS, CONSTIPATION, INDIGESTION, KIDNEYS, LIVER, BOWELS

- 45. Frozen rain drops. 47. Wrath. 49. Charged upon oath. 51. Gentlemen. 52. Shun. 53. Retard. 55. Employ. 56. Color of plants (comparative). 58. Period of time. 59. Present. 60. Throw. 61. Wicked. 63. Myself. 64. Philippine knife. 65. Thought. 67. Gorgeous. 68. Satisfies.

- Vertical. 1. Make bigger. 2. Part of verb "be." 3. Turf. 4. Belonging to us. 5. Fear. 7. Sing. 8. Circular pyramid. 9. To deposit. 10. Tool. 11. To wet. 15. Jewel. 17. Welcome. 18. Measure of distance (pl.). 19. Narrow road on mountain. 21. Always. 23. Twenty-four hours. 24. A minor under guardianship. 26. Hostile people. 28. Comes after. 30. Oblique. 32. Circles of light. 34. Before. 36. Domestic animal. 39. To calm. 40. Only this. 41. To pin or bolt. 42. Large fish net. 43. A large stick. 44. Lateness of origin. 46. Catalog. 48. Sporn of fishes. 50. Space surrounded by partitions. 52. Malleous burning of property. 53. Satan. 56. Joyful. 57. Drive. 60. Short piece of wood on a wheel. 62. Meadow. 64. Exist. 66. Like.

Don't Let That Cold Turn Into "Flu"

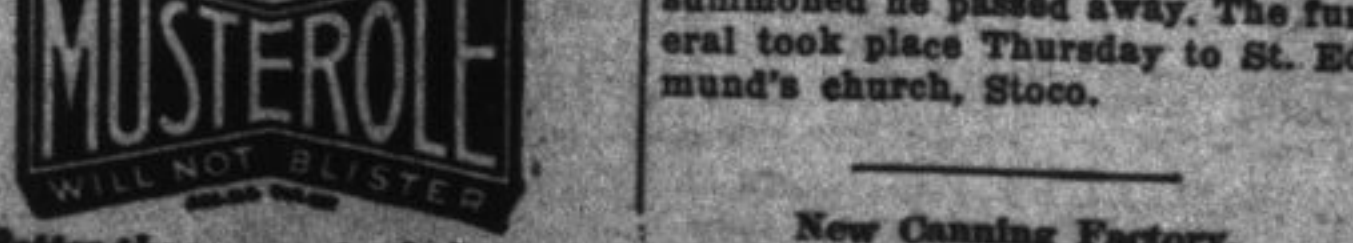
Rub on Good Old Musterole That cold may turn into "Flu" Gripe or, even worse, Pneumonia, unless you take care of it at once. Rub good old Musterole on the congested parts and see how quickly it brings relief.

Colds are merely congestion. Musterole, made from pure oil of mustard, camphor, menthol and other simple ingredients, is a counter-irritant which stimulates circulation and helps break up the cold.

As effective as the messy old mustard plaster, it does the work without the blister.

Just rub it on with your finger-tips. You will feel a warm tingle as it enters the pores, then a cooling sensation that brings welcome relief. 5c and 75c at all druggists.

The Musterole Co. of Canada, Ltd., Montreal.



FOR SALE SOLID PRESSED BRICK HOUSE—on stone foundation—ground floor has double parlors with fireplace, dining room and kitchen with built in cupboards—second floor has 4 bedrooms and bath. Attic has 2 bedrooms. All bedrooms have clothes closets. Hardwood floors upstairs and down. Cellar 10 ft. deep with hot and cold water and gas. Divided fruit and coal cellar. Electric lights with switches. Extra large furnace. This house has all been newly decorated. Garage. Good deep lot with fruit trees and berry bushes. In one of best locations in city. Sold on good terms. No information over telephone. Please call at office. M. B. TRUMPOUR Phone 704 or 2072w 270 PRINCESS STREET

YOU BUY WHEN! The exceptional tone quality in the Weber Piano appeals to the most aesthetic taste. HEAR FOR YOURSELF AND BE CONVINCED. AT C. W. LINDSAY'S Warerooms, Princess Street

Clearing Out Our Ladies' 4 Buckle Overshoes AT \$3.45 All sizes 2 1/2 to 8. The Sawyer Shoe Store Phone 159. 184 Princess St.

these officers: President E. B. Purcell and W. H. Gough. The committee; vice-president, H. W. Bedell; directors, J. E. Baxter, manager, D. Brown, R. R. Leavass, H. McDon-