

**Do Your Bowels Ever Become Constipated?**

A free motion of the bowels, every day, should be the aim of every one who desires to perfect health, for once the bowels become clogged-up all the other organs of the body get damaged, and all kinds of diseases and disorders are liable to attack the system.

If you take our advice and use

**Milburn's**



You will find that they will regulate and keep your bowels and liver in proper shape, and when this is done there is not much chance of you ever being sick.

This valuable remedy has been on the market for the past 22 years; put up only by The T. Milburn Co., Limited, Toronto, Ont.

**For Those Who Want the Best**

There is nothing in the world to equal our **WELSH COAL** at \$15.00 per ton.

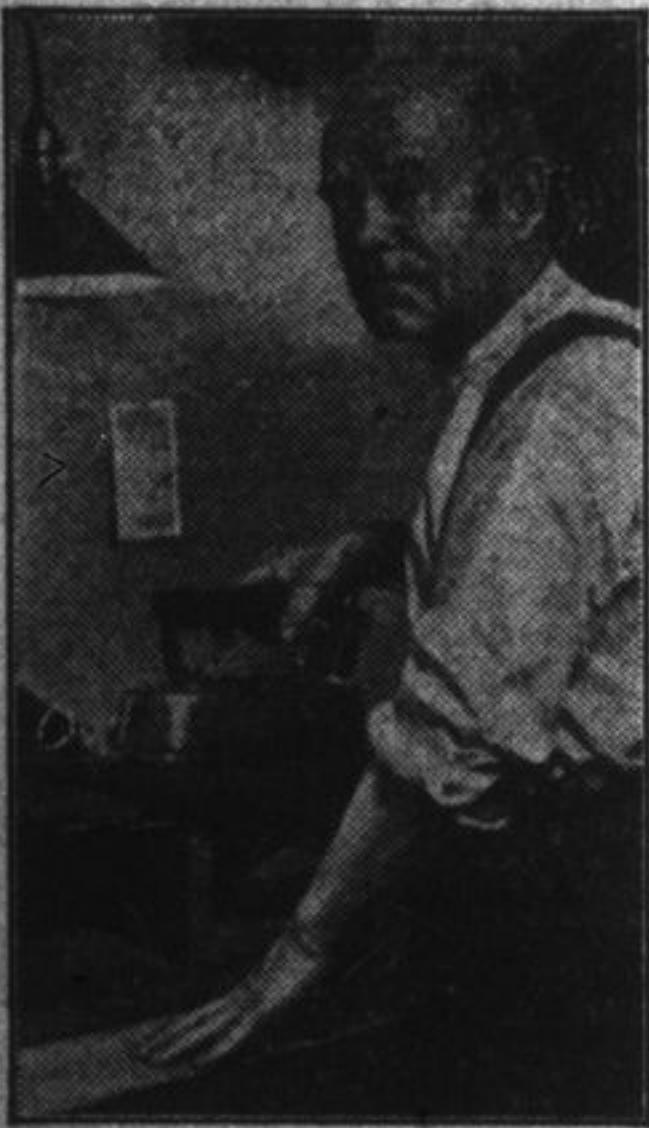
While it lasts, we would advise you to buy it before it is all gone for it cannot be replaced at any price in the world.

For substitute we have Foothills, Coke, Virginia.

Slabs and Hardwood.

**W. A. MITCHELL & CO.**

Telephone 67.



Hands and arms were always stiff

**QUICK EASY WAY TO HELP STIFF JOINTS**

Tailor tells how to overcome stiffness in hands

A Philadelphia tailor has found a quick way of getting rid of stiffness in the hands and arms caused by constantly using a hot iron.

"I have been using liniments for a long time," he says, "but I find that Sloan's Liniment is the best. It always gives me instant relief." (Name and address given on request.)

No matter how many other remedies you may have tried, Sloan's will help you. Just put it on lightly, without rubbing. Right away Sloan sends a healing tide of fresh, new blood right to the stiff, aching joints. The first thing you know the aching and stiffness are gone. Get a bottle today. All druggists—55 cents.

**GET IT REPAIRED**

Sewing Machines, Phonographs, Guns, Rifles repaired and refitted. Parts supplied. Saw blades, knives, scissors, dog tags, typewriters, locks repaired. Keys fitted to all kinds of locks. All makes of lawn mowers sharpened and repaired. Repairs anything that is repairable.

**J. M. PATRICK**  
149 Sydenham Street, Kingston  
Phone 20563.

**SCOTT'S**

"BLUE SEAL"

Vitamin-Certified

100% TRUE

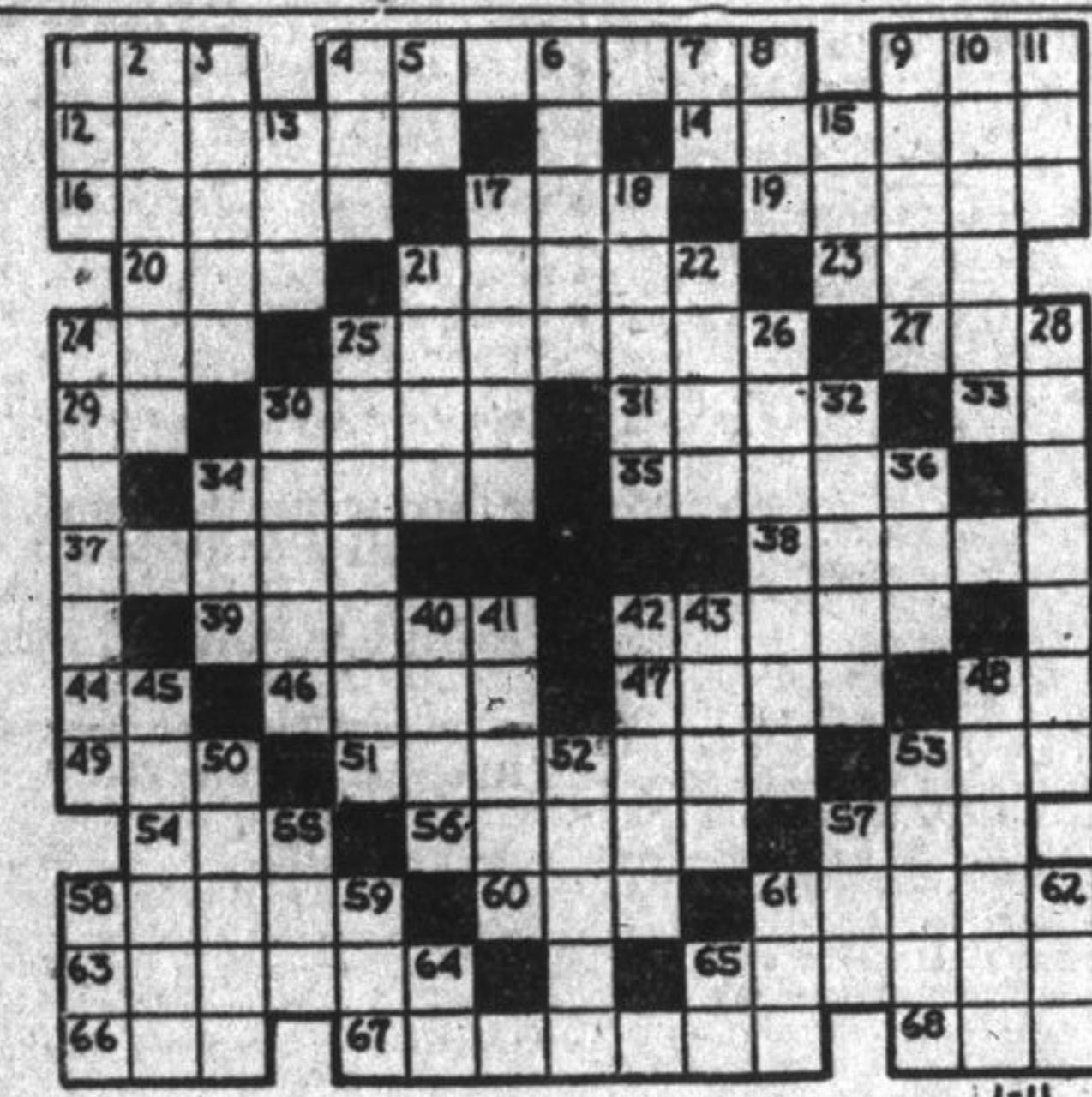
**NORWEGIAN COD LIVER OIL**

As pure as mountain air and rich in health-giving vitamins. Palatable and pleasant to take.

At your druggist.

SOLE DISTRIBUTORS  
**SCOTT & BOWNE**  
TORONTO, ONT.  
MAKERS OF SCOTT'S EMULSION

The finest jade is mined in China and Turkistan.

**CROSS-WORD PUZZLE**

- Horizontal.**  
 1. Constellation. 48. To subsist.  
 4. Houses of worship. 49. Battering machines.  
 9. Wing part of a 51. Slender sewing instruments.  
 seed. 53. By.  
 12. Rule by which an 54. Electrified particles.  
 estate is fixed. 56. Net weight of containers.  
 14. Posted. 57. Drunkard.  
 16. Garret. 58. To permit.  
 19. Feline animal. 60. Wand.  
 20. Scarlet. 61. Bulb flower.  
 21. Contests of speed. 63. Mechanical contrivance for filling a horsecar.  
 23. Sea eagle. 65. Perfumed ointment.  
 24. Obstruction. 66. To sin.  
 25. Writs securing inventions for the inventor. 67. To speak rhetorically.  
 27. Two fives. 68. To soak flax.  
 29. Above. 31. Devours.  
 30. Underground cavity. 32. To accomplish.  
 33. Aqua. 34. To ensnare.  
 35. To follow a clew. 36. Fish-eating mammal valuable for pelt.  
 37. To shatter by dynamite. 38. Strong offensive flavors.  
 39. Opines. 40. Twitching.  
 42. To border. 41. Deity.  
 44. Preposition of place. 42. Opposite of war.  
 46. Sketched. 43. Standard type measure.  
 47. Tears (reverential- 44. Parched.  
 ly). 45. Vigilant.  
 10. Inclined. 46. Second note in scale.  
 11. To total.  
 13. To assist.  
 15. Anger.  
 17. To provide food.  
 18. Principle.  
 21. To rant.  
 22. Heavenly orb.  
 24. To alarm with idle fears.  
 25. Model.  
 26. Marbles figures.  
 28. More clamorous.  
 30. Boxed.  
 32. Gazes over the horizon.  
 34. Small mass.  
 36. To finish.  
 40. To join.  
 41. To curse.  
 42. Bundled.  
 43. Is indebted.  
 45. Sewer.  
 48. To happen.  
 50. A type of tooth.  
 52. Humorous.  
 53. Pertaining to the poles.  
 55. To bow.  
 57. Total.  
 58. Beer.  
 59. To be married.  
 61. Male cat.  
 62. To caress.  
 64. Second note in scale.  
 65. Jumbled type.

- Vertical.**  
 1. Field.  
 2. To accomplish.  
 3. Aqua.  
 5. To follow a clew.  
 7. To shatter by dynamite.  
 8. Strong offensive flavors.  
 9. Opines.  
 11. To border.  
 12. Preposition of place.  
 13. To accomplish.  
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 15. Under ground cavity.  
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11.30 p.m.—Organ recital from the Kitt Studios.

12 p.m.—Le Paradis band.

**WIP, Philadelphia (508.3).**  
 6.05 p.m.—Al Lentz and his Serenaders.

8.30 p.m.—Concert programme.

10.30 p.m.—Pagoda Club Orchestra.

**WOR, Newark (405).**

6.55 p.m.—Hotel Shelton Ensemble.

**WGJ, Schenectady (379.5).**

6.30 p.m.—Hotel Van Curier Orchestra.

8.30 p.m.—Edison Hour from WJZ.

9.40 p.m.—The American Trio.

10 p.m.—Grand tour, "Switzerland."

10.30 p.m.—Hotel Mayflower Orchestra, Washington.

**WBZ, New England (538.1).**

6.30 p.m.—Little Symphony Orchestra.

8 p.m.—Hockey broadcast, Boston Bruins vs. Canadians.

**WGBS, New York (316).**

7 p.m.—Arrowhead Inn Concert Orchestra.

8 p.m.—Y. M. H. A. Vocational Forum.

8.15 p.m.—Goodhart, piano and songs.

8.30 p.m.—Della Rioran, lady baritone.

8.50 p.m.—Belle Hart, "The New Astrology."

9 p.m.—Crystal Palace Orchestra.

9.30 p.m.—The Poet's Theatre.

10.30 p.m.—Mac and Lenore.

10.30 p.m.—Arrowhead Inn Dance Orchestra.

**WSAI, Cincinnati (326).**

8 p.m.—Eveready Hour of Music.

9.30 p.m.—Programme of music from the WSAI Studio.

12 p.m.—Hotel Sinton Orchestra.

**KDKA, Pittsburgh (809).**

6.30 p.m.—Dinner concert.

8.30 p.m.—KDKA Little Symphony Orchestra.

11.35 p.m.—Concert from the Grand Theatre.

**WGR, Buffalo (319).**

8 to 11 p.m.—Joint broadcasting with WEAF, New York, including the Gold Dust Twins, the Eveready Hour, Blue Ribbon Quartette and old-time dance music.

**WEAF, New York (492).**

6 to 12 p.m.—Dinner music, from Waldorf Astoria Hotel; Blue Ribbon Male Quartette; The Gold Dust Twins; Eveready Hour; Dance Orchestra.

**WKRC, Cincinnati (320).**

10 p.m.—Dance programme.

11 p.m.—Popular songs.

11.15 p.m.—Hotel Alma Orchestra.

William Penn obtained Pennsylvania for \$15,000.

Complete radio programmes sold at Canada Radio Stores.