

Food Poisons.

50 Per Cent of All Diseases the Result of Undigested Putrefying Foods.

Man of affairs, woman of society and children with active brains are too often victims in their habits, giving little thought to exercise. To this is added that of high and irregular living—as a result, the stomach cannot stand the demands made upon it. The stomach and intestinal tract does not properly do the work of digestion, food taken in ferments and the poison permeates the whole system. The body loses its weight and becomes a prey for the attack of whatever disease it may encounter.

Did it ever occur to you how busy that stomach of yours is? It only takes three parts, but in one year you have to take in 2,000 pounds of material, digest it and pass it for assimilation into the blood. No wonder it feels worn out. We crowd it with steaks and pastry, irritate its juices with spices and acids, and expect the stomach to do its work. It can't do it.

All over the inner layer of the stomach are glands which secrete the juices necessary for digestion. The process of food into the stomach is the signal for these glands to do their work. The more the food, and the more indigestible, the greater the demand upon them and upon the muscles of the wall adjoining.

Think of the tons of high-seasonal goods, sweetmeats and appetizers consumed into this little four-ounce mill, and then consider, if you will, why you are flabby or nauseated or constipated. Don't blame your stomach or curse your fate that you should be born so unfortunate. Blame yourself and apply the remedy.

First, get a small package of Stuart's Dyspepsia Tablets, taking one after each meal, and at bed time. They are not a medicine, but a digestive. Your stomach is worn out and needs help, not medicine. Stuart's Dyspepsia Tablets will do the work that the stomach fails to do. There's enough power in one grain of Stuart's Dyspepsia Tablets to digest 3,000 grains of ordinary food, so you needn't fear that anything you eat will remain in your stomach undigested.

Stuart's Dyspepsia Tablets will root the poison because they remove the cause—food fermentation. They are nature's own cure for dyspepsia. The best of troubles dyspepsia is father of cancer, the source of all health.

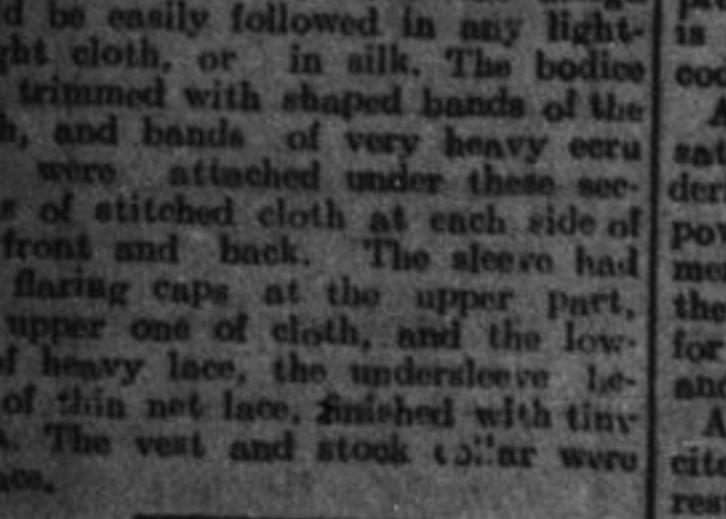
Seize your opportunity before conditions change. Send to-day for a free trial package of Stuart's Dyspepsia Tablets. They're taking your stomach relief. P. A. Stuart, Co., 33 Stuart Building, Marshall, Mich.

The 50-cent size for sale at your drugist's.

HAIR WON'T FALL OUT. If You Kill the Dandruff Germ With the New Treatment.

John N. Fuller, a well-known citizen of Colfax, Wash., says: "I had dandruff so badly that it came on my scalp. Herpicide completely cured me." G. H. McWhir, of Walla Walla, Wash., says: "Herpicide completely cured me of a bad case of dandruff of thirty years standing. They took the only really sensible treatment, a remedy that destroys the dandruff germ—Newbro's Herpicide. Stop dandruff, hair won't fall out, but will grow naturally luxuriantly. Orders taken instantly and make late orders and not as still, one bottle will convince any doubter of its merits. Sold by leading druggists. Send 10c in stamps for sample to The Herpicide Co., Detroit, Mich. Two sizes, 50c and 50c, G. W. Herpicide, special agent.

FASHION'S FOM. Costume of Broadcloth, Trimmed With Lace.



A very effective remedy for a gown of light colored cloth is here illustrated. The model was of apricot-colored chiffon broadcloth, but the design could be easily followed in any light-weight cloth, or in silk. The bodice was trimmed with shaped bands of lace cloth, and bands of very heavy crepe lace were attached under these sections of stitched cloth at each side of the breast and back. The sleeves had two flaring caps at the upper part, the upper one of cloth, and the lower one of heavy lace, the under-lace being of this net lace. Finished with tulle. The vest and stock collar were of lace.

6 lb. broken sweet biscuits, 25c; 3 lb. home sodas, 25c, and 3 lb. heavy mixed biscuits, 25c, at Mullins.

CLOCK ON THE WALL

WAS STILL TICKING AFTER THE FIRE.

"I Must Go, Don't Try to Follow" Said the Heroine of the Tragedy—School Set on Fire, Perhaps By Careless Child.

Montreal, Feb. 28.—It has been established beyond reasonable doubt that the fire which wrought such awful destruction of life in the Hochelaga Protestant school did not originate from the furnace, but from a hole of rubbish in the basement.

This basement was divided into two chambers. In one were the furnaces, while the other was used as a lavatory for the boys. In the latter was the bottom of a chute used for sending down waste paper and rubbish from the upper stories, and here it was that they found evidence of the origin of the fire. The furnaces were not injured in the least.

In the lavatory the inspectors found the end of the wooden chute completely burned away, while the joints and woodwork all around were deeply charred and there was every indication that the fire had been carried up the chute which led to the top flat of the building, and had spread thence in the upper flats, at the same time sending up the terrific volumes of smoke which had proved so deadly. It was in this way that the fire got its way into the spaces between ceilings and floors and into the walls and roof, which gave the firemen so much difficulty.

"I was surprised," said Mr. Chausse, "at the slight damage done to the upper class rooms. I noticed that one, where several children perished, that the clock on the wall was still going all right and told the correct time. There could not have been much heat there."

"I cannot understand, after looking over the building how it was that such loss of life occurred. There were only four rooms in the school, two on each floor, while the corridors were straight, and eight feet in width. The stairways, however, were only four feet wide, with a bend in the middle. There was surprisingly little evidence in the rooms and corridors of destruction by fire."

Mrs. Hand, the caretaker of the school, said, yesterday, that she was positive the fire did not start from the furnace, as when she went into the basement to investigate, after she had been told by one of the pupils there was smoke in the class room, she saw the pile of kindling wood, outside the furnace room, on the front entrance side of the building, on fire. Mrs. Hand said that she was just putting on her coat to go out to the grocery, when one of the boys came up to the third floor, and told her there was smoke in the class room.

"I just dropped my coat and ran down stairs," said Mrs. Hand, "and when I got to the basement I saw the pile of kindling wood all ablaze. I ran upstairs and told Miss Maxwell that there was a fire in the basement, and behind her and Miss Cusley to get the children out of the class room on the first floor. Just then Dr. Ouzoumer came in the main entrance, and Miss Maxwell told him the school was on fire. He ran out to give the alarm. When we got the children out of the class room on the first floor the smoke was almost suffocating. Miss Maxwell started to go upstairs, and I caught hold of her to pull her back, telling her if she went up stairs she would never come down alive."

"I tried to get her back, but she was too strong, and broke away from me. She ran upstairs exclaiming: 'I must go up, Mrs. Hand, don't you try to follow me.' I followed her up a few steps, but I felt my face swelling, and had difficulty in catching my breath. Just as I reached the bottom step Dr. Ouzoumer came in and caught hold of me, and forced me into the street. When I reached the street the firemen and some men who had been working at the ice house across the street were taking the children out of the furnace windows. I called to the fireman to pour water into the basement, telling them where the seat of the fire was."

Mrs. Hand said she cannot understand how it took so long to get the children out of the building. "When they could get every child out of the school in one minute and a half, but when a fire did actually break out they forgot all about the drill."

There was on Miss Maxwell's desk a bell that was used for fire drill, Mrs. Hand said.

Mrs. Hand said that the pupils sometimes played in the basement during lunch hours, and thinks that "the

VINOL'S RELIABILITY.

STRONG EVIDENCE OF MERIT. Prominent Physicians Join With Mr. George W. Mahood in Recommending Vinol.

Countless physicians and druggists are now prescribing and endorsing Vinol as the most valuable cod liver preparation known to medicine and it is fast superseding all other forms of cod liver oil.

A prominent physician writes: "I am satisfied that Vinol derives its wonderful life-giving and strength-creating power from the medicinal curative elements found in the cod's liver. It is the best strength creator and vitalizer for old people, weak women, children, and the consumptive that I ever saw."

Another physician writes: "I could cite many cases where health has been restored in a surprisingly short time by Vinol. I should be very sorry to have to do without Vinol in my practice. It has no equal for hard colds, throats and bronchial troubles."



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fire was caused by a match carelessly dropped by one of the little boys. The remains of eleven of the little children will be taken to St. Mary's Episcopal church on Friday morning, and a joint funeral service will be held in the afternoon. The remains are those of Edith Colson, Lillian Rich, and Jackson Andrew, the two Sprague children, Cecilia Forbes, James McPherson, Gladys Hington, John Loomis, Ethel Lampton, William John Zimmerman, all of whom were members of St. Mary's Sunday school.

Many messages of sympathy from abroad have been received by Mayor Eber, one of them being a cablegram from Lord Strathcona, while Sir Wilfrid Laurier and other leading Canadians have telegraphed their sorrow at the terrible event. Lord Strathcona's message runs as follows: "Deeply grieved to hear of the dreadfully sad accident by which Miss Maxwell and so many children lost their lives at Hochelaga school, and sincerely sympathize with the bereaved families in their great affliction—Strathcona."

Telegrams from Sir Wilfrid Laurier and Mayor Coatsworth, of Toronto, were also received early in the afternoon, the text of Sir Wilfrid's being as follows: "Greatly shocked by yesterday's tragedy. Please accept sincere expression of sympathy for the city generally and for the bereaved families.—Wilfrid Laurier."

To Win a Woman's Heart. New York Weekly.

To win a woman's heart a man must make sacrifices. The love of a woman is sure to be captured that way. It is the direct road to her heart.

The happiest couples are not the richest, but the least selfish ones. If a man cannot afford to give his wife a useful present, or even indulge a passing little fancy without a sacrifice, he should make that sacrifice. He will thus penetrate the inmost corners of her heart, and invest his money at a thousand per cent.

If necessary, a man should give up his cigars, and fill up his pipe with tobacco and his heart with joy. The surest way—indeed, the only way, perhaps—for a man to prove to a woman that he devotedly loves her is to let her constantly feel that he is delighted to make sacrifices for her.

What Money Is. New York Weekly.

Bait for the matrimonial hook. The most effective substitute for brains. Money is the most difficult root to cultivate. That which women look for while men sleep. Money is the loudest sound in the voice of life.

What the rich don't need and the poor don't get. A curse to some that have it and cease to all that haven't.

A provider for everything but happiness, a passport to everywhere but heaven.

The one thing that makes crooked things look straight and straight things crooked. That which speaks a language we men all understand, but in which so few are able to converse.

Profitable Pigeon Farming. A new industry that is attracting the attention of many gentlemen farmers in America just now is squab or pigeon farming.

To give an idea of the number of these birds consumed by our American cousins, it is only necessary to add that last September squabs to the value of \$20,000 were placed in the cold storage chamber of New York and Philadelphia alone. San Francisco at one time consumed 50,000 squabs every week and Chicago monthly as many. Some 30,000 squabs are served at the table of the Hamburg-American line steamers in the course of a single twelve months.

Another Listening Case. The-Bits.

Mrs. Hayfork, in country post of feet—Anything for me? Postmaster—I don't see nothing. Mrs. Hayfork—I was expecting a letter or postcard from Aunt Sprigg, tellin' what day she was comin'.

CZEMA FOR 25 YEARS

HANDS SO BAD OBLIGED TO WEAR GLOVES DAY & NIGHT

ZAM-BUK, the great herbal balm, has just worked such a sensational cure in Montreal that it has set the city talking. Mr. T. M. Marsh, of 101 Delorimier Avenue, is the grateful subject of this cure. He says: "For 25 years I had eczema in my hands. It started in red blotches, which itched and burned so that I felt I could almost scratch the parts away. Then after the itching came the pain and the soreness. Great open wounds formed and set up terrible agony. I went to a doctor when first the trouble started. He did me no good and I tried another. He also failed, and I tried a third, and then a fourth. My case baffled them all, and I paid my money for no good. Then I tried embrocations, and salves, and liniments, and creams, and preparations recommended by druggists and by friends alike. It was no good. The eczema continued, and I never believed I could be cured. Fancy suffering in that way for 25 years! For the past two years the pain and irritation were so bad that I was obliged to wear gloves day and night."

Zam-Buk was brought to my attention and I tried a little. To my amazement it did me good. I bought another box, and it did still more good. I tried another, and to my intense delight this herbal balm did what I had been hoping for for 25 years—it cured me. My hands are now healed, and I have put away the gloves which, for two years, had been indispensable day and night. I have been well-known in Montreal and Eastern Ontario for over 30 years, and my case is one which hundreds of people know of. I am glad to make the facts known in the interests of other sufferers who may not yet know how superior and how wonderful Zam-Buk is."

WHAT ZAM-BUK CURES, AND WHY. ZAM-BUK can do what other ointments fail, because it is free from all animal fats and oils and from all mineral matter. It stands alone in its peculiar composition, being made entirely from herbal saps, essences and juices. Even its color—green—is due to Nature's own coloring, as in the leaves of the forest and the herbs of the field.

ZAM-BUK heals all skin diseases—eczema, scaly sores, ulcers, ringworm, poisonous wounds, barber's rash, pasties, face blemishes due to blood poison, chapped hands, cold cracks, etc. It heals cuts and lacerations, stops bleeding, cures piles, cures fistulas, relieves enlarged veins. It cures burns and scalds, and it is an excellent "first aid" remedy. It is highly antiseptic. All Druggists and Stores sell at 50 cents a box, or from ZAM-BUK CO., TORONTO, for price. Note free sample offer herewith. 6 boxes for \$2.50.



"ST. GEORGE'S BAKING POWDER is bringing lots of trade to my store."

"It keeps me busy filling up the empty places on the shelves." "Folks now know that baking powders—containing acids, alum or phosphates—not only spoil the baking, but are positively injurious to health."

"I tell everyone about ST. GEORGE'S—the new baking powder. And I find that where they use one can, they not only order more, but also buy all their other groceries here."

"It certainly does pay to have the best"

St. George's Baking Powder is a genuine Cream of Tartar Baking Powder. It contains only the purest ingredients, perfectly proportioned to insure the best results. It proves its quality by the biscuits, cake and pastry it makes.

ST. GEORGE'S is the choice of all discriminating housewives and pure food exponents.

Send us your name and address for our free illustrated Cook Book, which contains excellent recipes—and a dashing little story about a nobleman and a millionairess. Address: The National Drug & Chemical Co. Limited, Montreal.



MISS FLORENCE MALONE. The Talented and Beautiful New York Favorite, with "The Volunteer Organist," at The Grand, on Saturday, March, 2nd.

Orwell's Bankrupt Stock OF TOBACCO, CIGARS AND PIPES AT LESS THAN COST. About thirty thousand 10 cent Cigars will be sold for 5 cents each, or \$5 a hundred. Club House Special, The Duchess, The Diploma Grand, San Toy, Lord Craines, Geekies, Crawen Funetallas, McKinley, Ford Russel, Olympia, Rothchild ds, La Fremiads, Lenicos, Lord Tennyson, Grant, E. V. Marianna, 4 of any brand of other 10 cent Cigars for 25 cents. About 100 Fountain Pens cheap. A lot of Pocket Knives, Pocket Books and Razors, those goods can be had at JOHN ROUTLEY'S, 173 and 175 Princess street, and 354 King street, Orwell's Old Stand.

JOHN ROUTLEY KINGSTON, ONT. FOR SALE: ENGLISH PIG LEAD. Canada Metal Co., Ltd. Toronto, Ont.

Superior Business Training Institution. Frontiers Business College. KINGSTON ONT. Day and Evening. Moderate Rates. T. N. STOKES, Principal. Phone, 690.

Mill Property For Sale. A first-class Grist Mill, doing a large business. Good location. Good reasons for sale. For particulars, apply to T. J. LOCKYER, Real Estate Agent, Kingston.

Waggoner Big Clearing Now On. Call and see the great clearing given in Suite, Ottawa. Suit lengths sold at the must go at once to clear. Alex. Waggoner, 188 Wellington.

CROSSE. A Cross makes a safe gift. We have a pretty Cross for Silver or Jet, either or stone set. Kinnear & Esch, Jewelers & Opticians, 100 Princess Street, Phone 336, Kingston.

ORDERED FOOTWEAR. If you have any troubles, bring them to A. E. HERBERT, 286 PRINCESS ST., THE HOUSE OF QUALITY.

Big Reduction on Skates. COME EARLY AND GET A BARGAIN. Strachan's Hardware.

Ladies' Tailor. Finest of Workmanship. Latest Styles, and Good Anteced.

236 University. AUCTION. Book at once with Leading Auctioneer JOHN H. MILLER.

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New England Chinese Restaurant. 331 King Street. Open from 10.30 a.m. to 10 p.m.

Wm. Murray, Auctioneer. 27 BROCK ST. New Carriages, Cutters, etc., for sale. Sale of Horses Every