

Stomach in Your Vest Pocket

Tablets That Have the "Stomach-Power" of a Real Stomach—Stuart's Dyspepsia Tablets.

Trial Package Sent Free to Prove It.

When your stomach is overworked and the average person's stomach is overworked, a good part of the time—take Stuart's Dyspepsia Tablets and give the stomach a week or a month off. Stuart's Dyspepsia Tablets do more than assist digestion—they actually digest the food themselves, be-



"I've Got It Right Here. You Never Catch Me Without a Box of Stuart's Dyspepsia Tablets in My Vest Pocket."

cause they contain only the natural elements of the digestive fluids. Coated tongue, bad breath, heart-burn, itching, flatulency, bloating—all the symptoms of digestive troubles disappear quickly when these tablets are used. They are not a cure for anything but dyspepsia and kindred complaints. But they have brought relief to more sufferers from digestive ailments than all the patent medicines the doctor's prescriptions put together.

The stomach does the heaviest work of any of the bodily organs, yet it is the one we treat with the least regard. We eat too much of the wrong kind of food at any time. The patient stomach stands such treatment as long as it can and then it rebels. You get notice of the rebellion in the shape of the gases and pains caused by undigested, fermenting food.

Stuart's Dyspepsia Tablets will put the stomach right again in short order, and enable you to eat what you want when you want it. Carry them around with you; they are an actual substitute for a weakened "all-in" stomach. They act in a hurry when you want relief; they act quickly, promptly, safely and naturally in digesting your food, just as nature does herself; they bring the stomach back to normal condition.

Stuart's Dyspepsia Tablets are sold and recommended by all druggists at 50c, and 81 a box. If you would like a trial package we will send you one, free, on receipt of your name and address. Write to F. A. Stuart Co., 150 Stuart Bldg., Marshall, Mich.

FLOWER OF MANHOOD

IS BEING TAKEN AWAY BY INTemperance.

Rev. Canon Tucker Appeals for Manhood That Can Control Itself at the Door of the Saloon.

The call for true manhood and citizenship, was sounded in a strong sermon, delivered in Grant hall, on Sunday afternoon, by Rev. Canon Tucker, pastor of St. Paul's cathedral, London, Ont. Canon Tucker pointed out the opportunities for Christian service and made an appeal for the building up of the character of people, so as to establish good citizenship.

The text chosen by the speaker was Luke ii, 52: "And Jesus increased in wisdom and stature, and in favor with God and man."

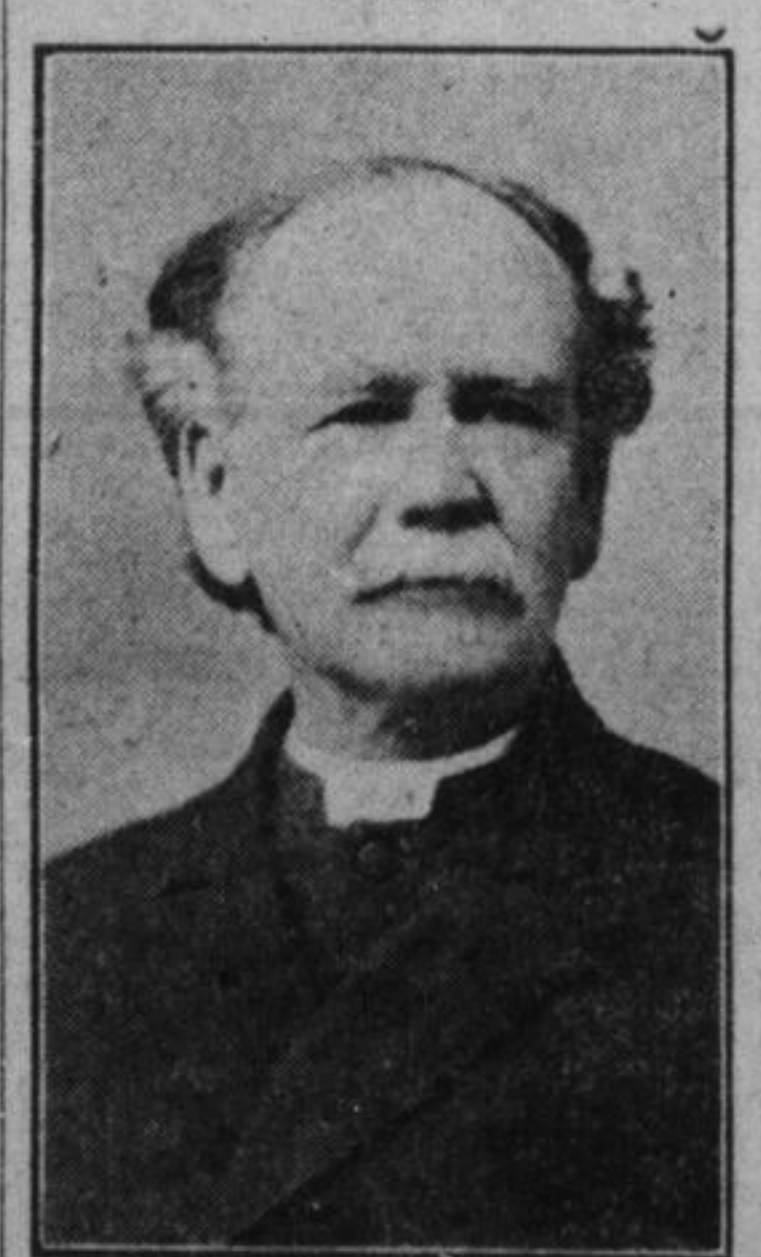
The speaker pointed out that the greatness of a nation did not depend on its railways, industries or material things. It depended altogether on the character of the people, and its citizenship. How could we produce men and citizens? The university stood for more than the teaching. The university was for the building up of principle, character, citizenship and manhood. Tribute was paid to Queen's for the good men the university had turned out—men stamped with a personality that stood for good men who were known by a special stamp, who were doing much to improve our national life.

"One of our great dangers is that of intemperance," added the speaker. "It is taking away the flower of our young manhood, with the barroom and the saloon. What is the remedy for intemperance? The remedy for the great evil of intemperance, which will sweep away the barrooms, lies in the chivalry of manhood, that can control itself at the door of the saloon. A bodyguard is needed. And while intemperance is slaying thousands, intemperance is slaying tens of thousands. It is defacing the flower of our manhood. And what is the remedy? Not in laws, although they are certainly a great help, but it is in the chivalry of manhood. Political corruption is also a great evil. Men will sell their citizenship for \$10 per head. I hope to see the day when a man who sells or buys a vote, in Canada, will be branded as a criminal, and will be obliged to hang his head in shame."

Harvey Angrove rendered a fine solo during the service.

Invited to Napanee. Rev. Samuel Sellery Will Go There in June.

Rev. Samuel Sellery, M.A., B.D., has been invited to preach at Napanee, Ont., on June 1st.



REV. S. SELLEY, M.A., B.D., has been invited to preach at Napanee, Ont., on June 1st. The Rev. Sellery preached in Sydenham street Methodist church last evening. At the close of the service the recording secretary of the Galt Methodist church, who is the chairman of the public committee, entered the pulpit and asked Mr. Sellery if he would accept an invitation to that church for the conference year 1913. The Galt church is one of the leading churches of the Hamilton conference, of which Mr. Sellery was a member before entering the Montreal conference. Mr. Sellery has just accepted a special and unanimous invitation to Trinity Methodist church, Napanee, in the Bay of Quinte conference, to take effect next June.

Portland Hotel Opens. The well-known Commercial hotel, of Portland, will be open to the public on March 1st. W. H. Murphy, proprietor.

To Speak at Convention. Elmer Davis goes to Toronto, Monday night to attend and speak at the temperance convention in Massey hall, this week.

ALL YOU NEED IS A CASCARET TO-NIGHT

No Sick Headache, Bilious Stomach, Coated Tongue or Constipated Bowels by Morning.

Turn the rascals out—the headache, the biliousness, the indigestion, the sick, sour stomach and foul gas—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascarets now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse and regulate your stomach; remove the sour, indigestible and fermenting food and that misery-making gas; take the excess bile from your liver and carry out of the system all the decomposed waste matter and poison in the intestines and bowels. Then you will feel great.

A Cascarets to-night will surely straighten you out by morning. They work while you sleep. A 10c. box from any drug store means a clear head and cheerfulness for months. Children love to take Cascarets because they taste good—never gripe or sicken.

THE SPORT REVIEW

PRELIMINARIES OF QUEEN'S ASSAULT-AT-ARMS

Took Place on Saturday Afternoon—Eaton's Won Their Group, and Will Meet Frontenacs in O.H.A. Senior Finals.

The preliminary round of the assault-at-arms was pulled off at Queen's gymnasium on Saturday afternoon. The events were chiefly wrestling, only one bout in the boxing taking place. From the look of things, Queen's will keep any of the other colleges hustling if they intend to win from them the intercollegiate championship. Among the students entering this year there is some good material if it can only be developed.

In the 115 pounds (bantam) weight wrestling, Roberts won from Lees. The bout was about the best event of the afternoon, Lees losing by a slight margin.

In the 125 pounds (lightweight) bout Garvock won from Willis.

The 158 pounds (middleweight) bout between Moxley and McLaughlin, resulted in a draw. Moxley and McLaughlin are both new to the sport. The heavyweight event was won by Foster, who downed McKenzie. The latter strained his side, and Foster easily threw him.

In the only boxing bout, Dawson won from Gilchrist.

The finals will take place next Saturday afternoon.

Will Play at Gananoque.

The Kingston Business College hockey team will likely go to Gananoque next Friday night for an exhibition game with a team of that town, and then go to Sydenham on Saturday afternoon.

Played a Great Game.

Cleveland defeated Detroit, in Detroit, Friday night, by a score of 14 goals to 0. Marchand played a star game. Three thousand people witnessed the match, the largest crowd that has ever attended a game since the league opened.

Played Fine Hockey.

Ray Marchand, goalkeeper for the Cleveland team, and formerly of the Kingston Frontenacs, has played a great game this season. In fifteen games he has allowed only thirty-eight goals, while Cleveland scored eighty-five.

Eaton's and Frontenacs.

Eaton's O.H.A. team is now the one to come up against the Frontenacs for the senior O.H.A. championship. This whirlwind team put it all over the Toronto Amateur Athletic club in Toronto Saturday night by a score of 11 to 6. E.A.A.C. was the only team to defeat the fast traveling "Big Store" aggregation this year and they did it at the first of the season when Eaton's were not yet in condition. Everyone has been expecting Eaton's to win out this group and they were so sure themselves that they arrange for 100 seats for the game here.

A Very Cold Practice.

The senior Frontenacs and R.M.C. did not play long at the college Saturday afternoon. It was so cold that the boys found it almost impossible to keep warm so after chugging the puck for half an hour they retired. After the practice the cadets entertained their visitors in fine style and the members of the blue and white certainly appreciated their treatment. The seniors practice Queen's at noon Tuesday.

Cadets vs. McGill.

The Royal Military College inter-mediate hockey team will meet McGill's second team in Montreal tonight in the first of the semifinal games. All who have seen the cadets play here know they are a fast traveling bunch, and if they are able to put out as good a second team in proportion to their first there will be a very close shave.

Triple Header To-night.

The city hockey league intends to run off three games at the covered rink to-night in the senior and junior series. Two junior and one senior game will be played. The first game will commence at seven-thirty and the others will be run off in quick succession. Teams are and K.C.I. and Resipolis and K.R.C. play in the junior series and Queen's and Wormith's will battle in the senior series. The 14th and 16th and Rector's club will be in attendance.

WOLFE ISLANDER DEAD.

Joseph Saunders Passed Away on Saturday.

The death occurred at Wolfe Island, on Saturday, of Joseph Saunders, aged sixty-two years. The deceased had been a resident of the island for years, being born in Cape Vincent and coming to the island and residing there ever since. He had only been sick a short time. In religion the deceased was a Presbyterian. The funeral took place on Monday afternoon at his late residence. Of late years the deceased had been living a retired life.

Verona Resident Dead.

The death occurred in the general hospital on Friday afternoon, of Wesley Pero, of Verona. The deceased had only been sick a short time, having been brought there a few days ago, suffering from typhoid fever. He was a Methodist in religion. He is survived by his wife. The remains were sent on Saturday to Verona.

Firemen Were Called.

At 7.40 o'clock, on Monday morning the firemen were called to a lane near the warehouse of Suman & Cohen, Ontario street, where some hot ashes had set fire to a pile of rubbish. It is alleged that a resident of that neighborhood has been in the habit of dumping his ashes in this laneway, and it is understood that if the practice is not stopped he will be prosecuted. A very serious fire might have resulted from the ashes being dumped in that place.

Y.M.C.A. DAY SUNDAY

ADDRESSES GIVEN IN VARIOUS CHURCHES.

George A. Warburton, Toronto, Spoke in Sydenham Street Methodist, and Chalmers and Also in the Orpheum Theatre.

Sunday was Y.M.C.A. day in the churches of the city, and many of the pulpits were filled mostly by laymen, all giving good addresses, showing the work the Y.M.C.A. is doing, among the boys and young men of the city, and, as it were, paving the way for the financial campaign launched Monday for the local association.

George A. Warburton, M.A., metropolitan secretary for Toronto, gave two convincing and clever addresses, one in Sydenham Street Methodist church in the morning, and also in Chalmers' Presbyterian church at the evening service.

In the morning, Mr. Warburton, in part, said that as the future of Canada depends greatly upon the commercial, intellectual, social and religious standard of its young men, the Y.M.C.A. through its various channels, was trying to make an impression on the plastic minds of the young, which would make them true Christian men and citizens.

The last census shows that the urban population is increasing and the rural decreasing. While the standard of living in our country is to be raised, the best blood is rushing to the places of large population. The speaker said the word "opportunity" represented the lure of the city to the country boy. A young man should do better and more than his father if he can.

When the boy leaves the farm for the city, he is on the threshold of life, the age when he is most sensitive. Leaving home is a crisis in his life, face to face with life's problems and those who have the guiding of his feet, must have the most sacred of tasks, which is to become a true man, or one of the strong. The home is the chief influence in the making of a man, and the church the second. When the boy comes to the city, in a new environment everything is different. This is the time the Y.M.C.A. takes hold of him.

Then there is the equally important problem of the city boy. The boy, in his teens, is at the most impressionable age. The association, through its various channels, tries to bring him safely through this period, and follow him on to the city.

The Y.M.C.A. tries to set high ideals before them, and at this age, it is most important that they are guided in the right way, as the majority become Christian before they reach the age of twenty.

Speaking about recreation, Mr. Warburton said that the boys should have fun, but that it should be in the aim of the Y.M.C.A. to raise the standard of sports and to eliminate gambling and bad influences from them.

Then the Y.M.C.A. has the social side. One of the greatest influences on the life is the hands of a man cultivates. The association wants to make it possible for the young men to make money. They must have jobs. It is perfectly natural that the association is trying to put the young man on his feet, and not have it all over to the world.

Another thing is the most important of all—the religious side of the intellectual welfare, physically, but the Y.M.C.A. is looking for, but to influence the Christian spirit into the young manhood of the dominion through the association's various channels. It is trying to show that it is a perfectly natural thing to be a Christian, and that religion should permeate the whole man, and not a selected part of him, as uneducated people often think.

G. H. Harrison also spoke of local conditions, and dealt with the unions of the association.

Mr. Warburton's address in Chalmers' church in the evening was especially good.

In Queen street Methodist church, in the evening, the speakers were George A. Warburton and J. E. Harrison, the latter dealing with the spiritual aspect of the work and the Y.M.C.A.'s relation to the church.

In Bethel church, in the evening, Dr. C. C. Nash spoke of the general work of the association, F. O. Watson the boys' work, and Frank Beckwick the senior work. A. Shaw spoke, at the evening service in Brock street Methodist church, Rev. A. E. Benson and F. Philip in Cooke's, Dr. C. C. Nash spoke in the first Congregational church in the morning.

At the Orpheum.

On Sunday afternoon a mass meeting for men was held in the Orpheum theatre in connection with the campaign which the local association is now carrying on. George Mills presided at the meeting and the singing was led by the Y.M.C.A. chorus. The Y.M.C.A. quartet, H. F. Trimble, Frederick Haffner, Archibald Lettice and William Thompson, sang acceptably. George Warburton, general secretary of Toronto Y.M.C.A., was the speaker of the afternoon. He talked of the efforts it had upon the world in the past and at the present time. It was no joke, sin was the greatest tragedy in life to-day, and caused all the misery and crime. We did not need the Bible to tell us nor was it necessary to read history. It was a recognized fact everywhere. Everyone had temptation. Who did not? It was everywhere, in all walks of life, even in church life. We could not get away from it and the only thing to do is for us to prepare to meet them manfully, so as to battle with them successfully. He made an appeal to young men present for the ministry, the foreign field and Y.M.C.A. work for real happiness was experienced by doing Christian work. He reminded the audience at the close of his discourse that there were no elevators to heaven and that the ascent from Kingston to heaven was very steep, but with the help of the Holy Spirit they could accomplish it.

Try "King's Quality" flour if you want satisfaction.

GENUINE BARGAINS make Successful Sales.

OUR BIG SHOE SALE STILL CONTINUES

New Bargains Every Day

ABERNETHY'S

Confectionery

of the choicest sort. Every delicious variety, all the old-time favorites, everything delightfully pure and good.

A BOX OF CANDY will make a pleasing gift to man, woman or child.

Sakell's
NEXT TO OPERA HOUSE.
Phone 640.

GRAND OPERA HOUSE. ALL THE YEAR ROUND.

Excellent Plays are Billed For This Week.

"The Servant in the House" may be classed as a remarkable play, but this but faintly expresses the sensation it has appeared. It has a powerful theme, the development of which is most beautiful and impressive. The play is presented in an every-day manner, but under it all there is a current of spiritual symbolism which gives it an atmosphere of mysticism not easily described. The play will be presented here on Tuesday, February 13th, at the Grand, with Tyrone Power in his original part, "The Drain Man," supported by a capable company.

Miss Jimmy Valentine.

H. B. Warner, now playing the star role in Paul Armstrong's play, "Miss Jimmy Valentine," which is announced for an engagement at the Grand on Saturday, February 17th, matinee and night, is the son of the late Charles Warner, memorable for his realistic acting of the chief role in Zola's play, "Drink." H. B. Warner is one of the youngest actors who have attained legitimate stardom. But though his years are few, his experience is great; and this, combined with undoubted talents of the highest order, is sufficient explanation of his success. The excellent work he did as leading man for Eleanor Robson, made Warner a great favorite before Liebler & Co., his present managers, decided to star him. His delightful impersonation of roles in such plays as "Merely Mary Ann," "Salome Jane," and others in which he appeared with Miss Robson, will be recalled.

The cook's best friend—"King's Quality" flour.

J. A. P. Haydon has been elected secretary of the Cobden Agricultural Society.

NOW ON Our Big Furniture Sale NOW ON

The taking feature of a Davenport is its usefulness and attractiveness.

The appearance of a beautiful drawing-room piece of furniture can be converted into a soft and luxurious bed in a moment's notice.

JAMES REID'S

Phone 147.

DISTRICT DASHES.

News Clipped From Our Many Exchanges.

On Thursday the death occurred in Thurlow of Mrs. Mary Frederiek, aged eighty-three years.

For pastry cooking "King's Quality" flour never had an equal.

E. C. Metcalf, Pictou, is understood, has been appointed manager of the Deseronto canning company.

Best pastry and bread flour on the market, "King's Quality." Try it.

The engagement is announced of Miss Laura A. Lechwood, Contreville, Ont., to Ernest H. Howson, of Peterboro. The marriage will take place on February 28th at Hamilton.

Tiger brand hand cleaner, regular 10c, special this week, 3 for 10c. McLeod's drug store, corner King and Brock streets. Phone 219.

G. L. Macdougall, Winnipeg, visiting his mother's home at Elphinstown, left for a trip through the southern States. He will spend some time in Florida looking over some fruit lands in the interests of a Winnipeg company.

For the "Hurry Up" Breakfast--

Post Toasties

and cream

Always ready to serve instantly from the package and Mighty Good.

At home or abroad—when business or play calls for a quick meal or lunch, about the best thing one can have is a bowl of crisp Post Toasties.

Convenience of serving has helped to make this food a favorite—beyond that, delicious flavour and wholesome nourishment.

"The Memory Lingers"

Canadian Postum Cereal Co., Ltd., Pure Food Factories, Windsor, Ont. Can

What About That Range?

That you spoiled your Christmas dinner on. Better change it for a "Souvenir" and have no more spoiled meals.

2.500 giving satisfaction in this district. 20 p.c. off all ranges during January.

W. C. Bennett, Hardware
Phone 1033, 191 Princess St.

Wool's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system. Makes you feel young, and effects a cure of Rheumatism, Spasmodic, Neuralgic, and other forms of Pain. Price 41 per box, six for \$5. One will please, six will cure. Sold by all druggists. Mailed in plain package on receipt of price. New pamphlet mailed free. The Wool's Medicine Co., Toronto, Ont. (Formerly W. G. G. Co.)

RUBBERS.

Ladies' Tan Rubbers, Children's White Rubbers,

All the newest shapes in Ladies' and Men's.

THE Sawyer Shoe Store