

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take Tablespoonful of Salts if Back Hurts or Bladder Bothers.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork, they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When the kidneys ache and feel like jumps of lead, and you have stinging pains in the back, or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night, when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active. Agent, G. W. Mahood.

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364 King St., Kingston
Finest Restaurant in the City
Now Open
H. K. Lick, Proprietor.

THIS N.W. MEDICINE SAVES YOU MONEY

We are druggists right here in your town and make a living out of the drug business, but it is because people have to have drugs and not because we want to see people suffer—we don't. Our duty is to render the best service we can, and when someone is ailing, we are interested in seeing them take the best medicine there is for their particular trouble. We don't recommend "cure-alls," as we don't believe there are such things. We don't want you to spend more than you have to. Some of you get small wages, and when you're sick none at all, and you should get the most you can for your money.

We recently came across a new remedy for increasing strength and building up people who are run-down and emaciated. We know that a slight trouble sometimes grows into a serious one, and to stop it in the beginning will save you money in the end. This new compound is called **REXALL OILIVE OLEATION**. It is the best remedy when you are run-down, tired out, nervous—no matter what the cause. It doesn't merely stimulate you and make you feel good for a few hours, but takes hold of the weakness and builds you up to a healthy, normal condition. It is a real nerve-food tonic and builder of good blood, strong muscles, good digestion. It contains Hypophosphites, which tone the nerves and pure Olive Oil, which nourishes the nerves, the blood and the entire system. Pleasant to take. Contains no alcohol or habit-forming drugs. We promise that if you are not perfectly satisfied with it, we'll give back your money as soon as you tell us. Sold only at the 7,000 Rexall Stores, and in this town only by us, 81 Mahood's Drug Store, Kingston, Ont.

NEEDLE FOUND EXIT

AFTER IT HAD BEEN IN BODY OVER 40 YEARS

An Interesting Story Told by J. A. McKim, of Smith's Falls—Needle Ran in at Cataract.

J. A. McKim writes to the Smith's Falls News as follows: "In the year 1870, I was engaged in the harness and collar making industry, at the village of Waterloo (now Cataract), three miles north-west of Kingston, where I was born and where I have three sisters living, one of which at least, can vouch for the truthfulness of this article. On a fine summer's day in July, 1870, in threading a harness needle which is generally done in the following manner, viz.: by inserting the thread in the eye and twisting fast by rolling with palm of right hand on right leg. On this particular occasion, at the second stroke the needle struck point up, I brought down my hand pretty stiff, things not going just to my liking on this occasion, the needle by some means became detached from the thread and entered my hand squarely in the center. I threw the breeching on which I was stitching out of the window, kicked the horse over and ran to the doctor, about 200 yards distant, and by this time the needle had entirely passed out of sight. After probing for a minute or two, he advised me to leave it as it was, that it probably would not bother me, causing me suffering, or inconvenience in any way. But in that he was mistaken, for I have suffered enough at times, but not for some years past. Since July, 1870, I have been almost continually on the road in different lines, for the past twenty-eight years in the piano and organ line, twenty years with R. J. McRae, of Kingston, the past 8 with A. H. McLaren, of Perth, sole agent for the piano 'Bell' in Smith's Falls and county of Lanark. But coming back to my text, the needle, the first two months after entering my hand, I suffered much pain and had to have my coat put on by some person, after that I suffered no more pain for at least three years, when I got a jar in the right shoulder which lasted another month or so reminding me of my enemy, for by this time I considered it such and began putting on plasters, and rubbing with liniments. I was then in Scholastic county, N.Y., and went to a physician in Albany, and told him the situation as best I could. He consoled me by giving me a bottle of liquid and a box of some kind of purgative, and as I am writing, I wonder how I ever survived the dose, and said I would be all O.K. in a few days, which I certainly was so far as pain was concerned, but, oh my, the dose. Of course there was no X-rays then or the case might have been different. It was five or six years after, before I received another reminder that my old partner was there still. I was then at Kingston and called on Dr. Fenwick and he told me I might expect a reminder at any time but that it would eventually come out and I would be all right. All this time I was thinking should it strike my heart I'm a gone goose.

Occasionally since I have been seriously inconvenienced and suffered considerably but had not been troubled much for the past ten years till Oct. 9th, 1913, at Lyndhurst. On this date I placed a piano at Mr. McLung's, a farmer three miles in the country. It was a bad situation. I felt more than I had been accustomed to for some time. After tea I took a sharp pain in my left leg which I thought was a strain, and at night at the hotel began to rub it with liniment, which I continued for some days, and ever since then have used, and taken everything advised for sciatic or rheumatism getting sometimes better, then as bad or worse than ever, sometimes not able to walk at all. I went from Lyndhurst to Brockville, where I remained for a week visiting, from there I went to Prescott for nine or ten days, all the time rubbing on oils and liniment and taking medicine internally till I was almost discouraged, thinking I was permanently disabled.

On the 7th day of February I was advised the use of pure and simple to soften the cords which had become hard and greatly swollen, and on the night of the 12th, while rubbing on the oil, my finger came in

contact with a hard, sharp point of a needle projecting about 1-16 of an inch. I immediately called to Mr. Carroll, 27 George street west, with whom I boarded and told him I thought I had located the cause of all my trouble. On coming up stairs he could see the point quite distinctly. Not having any pincers which would take hold of it, he took a pair of scissors and extracted it intact, a two inch needle. You can imagine what relief it was to know that my arch-enemy was destroyed. I had a good sleep, the first for some time, got up in the morning and danced a double e-log around the house. My leg is still swollen a little but is gradually subsiding and with care I expect to live to make a few more homes happy. Remember the needle went into the palm of my right hand and out of my left leg after forty-three years residence in my anatomy and having travelled about 12,000 miles. I have it in my possession and intend to retain it to the end as a souvenir of varied experience.

SUFFERERS FROM PILES

Zam-Buk Has Cured These
Friction on the hemorrhoid veins that are swollen, inflamed and gorged with blood, is what causes the terrible pain and stinging and smarting of piles. Zam-Buk applied at night will be found to give ease before morning. Thousands of persons have proved this. Why not be guided by the experience of others?

Mr. Thomas Pearson, of Prince Albert, Sask., writes: "I must thank you for the benefit I have received from Zam-Buk. Last summer I suffered greatly from piles. I started to use Zam-Buk and found it gave me relief, so I continued it, and after using three or four boxes I am pleased to say it has effected a complete cure."

Mr. G. A. Dufresne, 183-185 St. Joseph street, St. Roch, Quebec, P.Q., writes: "I can highly recommend Zam-Buk to everyone who suffers from piles."
Magistrate Sanford, of Weston, King's Co., N. S., says: "I suffered long from itching piles, but Zam-Buk has now cured me."
Mr. William Kenty, of Upper Nine Mile River, Hants Co., N.S., says: "I suffered terribly from piles, the pain at times being almost unbearable. I tried various ointments, but everything I tried failed to do me the slightest good. I was tired of trying various remedies, when I heard of Zam-Buk, and thought as a last resource I would give this a trial. After a very short time Zam-Buk effected a complete cure."

Zam-Buk is also a sure cure for skin injuries and diseases, eczema, ulcers, varicose veins, cuts, burns, bruises, chaps, cold sores, etc. 50c box from L. Druggists and stores, or post free from Zam-Buk Co., Toronto, for price. Refuse harmful imitations.

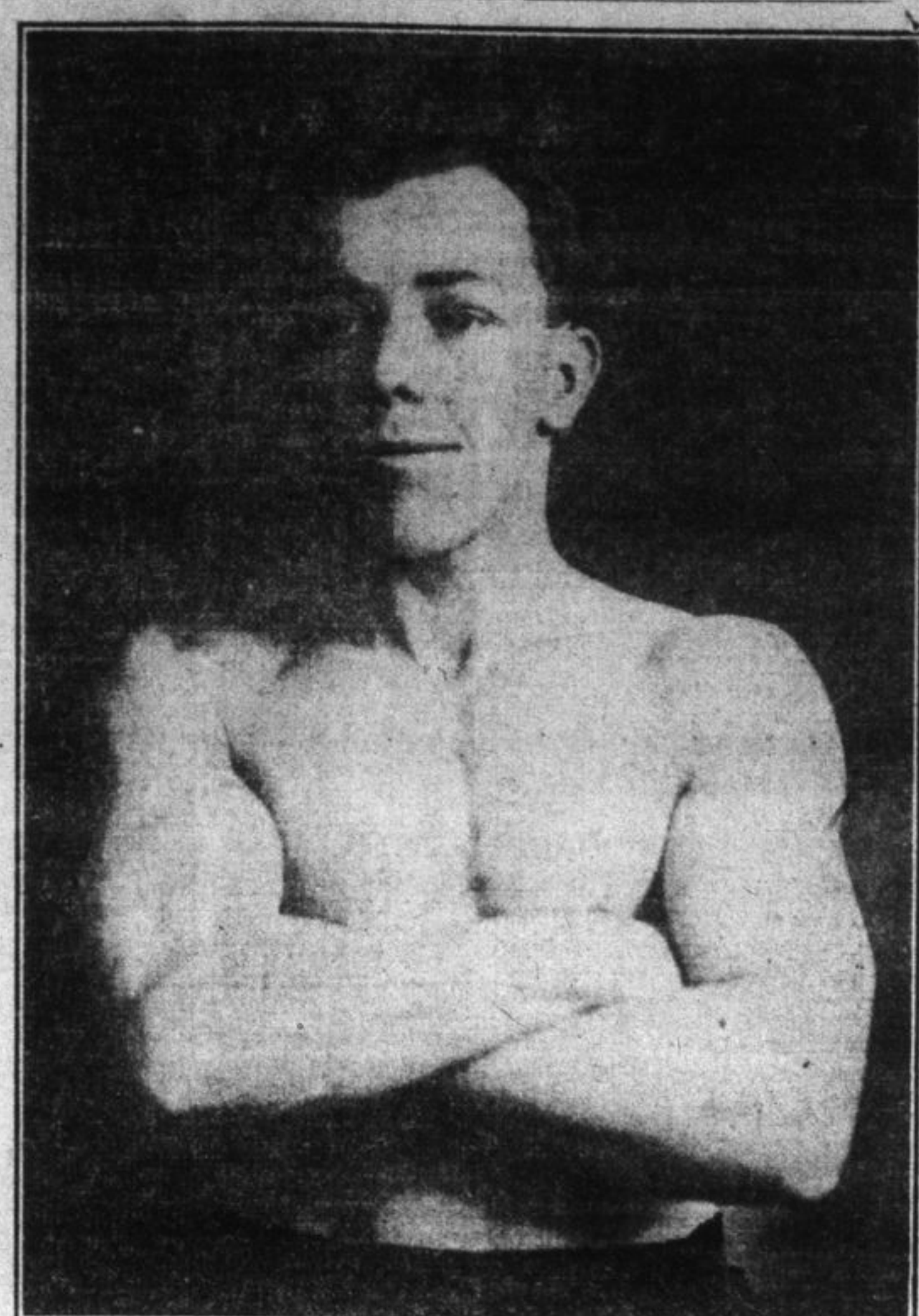
BUFFALO ARE THRIVING

Elk, Mule, Deer, Antelope, Moose, and Sheep
Ottawa, Feb. 24.—Figures just supplied by the parks branch of the department of the interior show that the dominion buffalo park at Wainwright, Alberta, now contains 1,447 buffalo, 45 elk, 60 mule deer and four antelope. There were 243 buffalo calves born in the park during 1913.

In the Rocky Mountains park at Banff, there are 31 buffalo, 23 moose, 21 elk, 10 mule deer, three mountain sheep and seven Persian sheep.
In the Elk Island park, Lomont, Alberta, there are 41 elk, 81 buffalo, 29 moose and 52 mule deer.
The parks branch, which has charge of all dominion parks, reports that the buffalo are thriving admirably under their natural conditions, and are rapidly increasing in number. Game birds are also increasing rapidly owing to the protection given by the park authorities.

Picton Market Report

Picton, Feb. 21.—The weekly market was again on the small side. All kinds of produce met with a brisk demand. Butter was firm at 35 cents a pound. Eggs brought 35 cents a dozen; chickens from 60 to 80 cents each; beef from 12 to 18 cents a pound; pork 15c a pound; lamb 18c to 20c; hogs shipped this week realized \$9.10 to \$9.15 per 100 pounds.



PHILIP CLEAMON
To wrestle with Phillips on Wednesday evening.

VIENNA COURT MASTER

Has Women for Censors of Fashion For Functions
Prince Montenuovo, grand master of the court of Vienna, where more than at any other royal or imperial court of Europe, old-time traditions have been retained, and the laws of etiquette are strictly enforced, is nothing if not up-to-date. For he has inaugurated a service of feminine censors of fashion.
Emperor Francis Joseph and Archduchess Marie Annunciata, who officiate as the first lady of the land, as well as the other ladies of the imperial family, have taken exception to those extravagances of fashion which have incurred the mathema of the Roman Catholic church, especially in the matter of "slit and transparent skirts, and exaggerated décolletage."
Finding that the chamberlains were either unwilling to decide, or incapable of determining, whether a woman's dress violated the proprieties insisted upon by the Emperor, Prince Montenuovo, at the court festivities this winter, has delegated several of the dames du palais to station themselves at the entrance to the state apartments at the Hofburg, under the pretext of welcoming the guests, but in reality for the purpose of acting as censors of feminine costumes.

Whenever the latter did not satisfy the requirements, the dames du palais beckoned to a chamberlain, who by their directions offered his arm to the fair offender, and invited her to withdraw, regardless of her rank and importance.
Prince Montenuovo, who spent some time in the United States as a young man, is a grandson of Empress Marie Louise of France, and ex her second and Austrian husband, Count Adam Neipperg, who in Sardou's drama, "Madame Sans-Gene" plays the role of the villain. In this way he has, through his grandmother, the Empress, who was an Austrian archduchess, a strong strain of Hapsburg blood in his veins. His father was half-brother of Napoleon II—'L'Aiglon.'

Queen Elizabeth of Belgium has likewise set her face resolutely against the present extremes of feminine fashion, but has thus far been content to have the chamberlains and the royal aides-de-camp act as censors at court entertainments, and has not yet adopted Prince Montenuovo's scheme of em-

PLAYING DAMES DU PALAIS FOR THE PURPOSE

The Inwardness of Headaches
The next time you have a headache don't fly to the druggist for a powder, but try and think of what caused the ache in the upper story. Many headaches are closely allied to heartaches and if people would not fret and worry so much their heads would be clearer and their mental vision more serene. But when we attribute headaches to heartaches we have not got at the seat of the disease, we could not cure it by headache powders. We have to go a little deeper still and get down to something which drugs cannot reach and physicians cannot diagnose. At the same time most headaches have a physical origin, and many of them wake with us in the morning and keep us company for part of the day. Over-work, over-eating, and oftener over-drinking or drinking the wrong kind of beverages, or over-dancing are among the chief causes of headaches, and the only cure for the real disease is a little common sense.—Peterboro Review.

Starting the Day Right

Do you begin the day with a "grouch"? Are you tired in the mornings? Do you fail to benefit by the restorative influence of sleep, which should make good the energy and vitality consumed by the day's work?
Then you are rapidly becoming bankrupt so far as health is concerned. You should look to your habits of eating, make sure that you get lots of fresh air in your sleeping apartments, and restore wasted vitality by using Dr. Chase's Nerve Food.
This great food cure does not induce sleep by any drugging effect, but when you have been using it for a few days and get the nervous system into condition you find yourself resting and sleeping naturally and healthfully. By keeping up this restorative treatment you will be able to make good the waste and fill the exhausted nervous system with new vigor and energy. This means thorough cure of such symptoms as headache, sleeplessness, indigestion, and tired, listless feelings.

QUARTER CENTURY AGO

REFORMS WERE TALKED OF FOR THE PENITENTIARY

Bill Was Proposed for Parliament in Regard to the Matter—Indeterminate Sentence System Regarded as Essential by the Inspector.

In view of the recent investigation held by the Prison Reform Commission in to the conditions at the penitentiary, it is of interest to note that twenty-five years ago, as the files of the Whig show, reforms were talked of for the penitentiary, and a bill was proposed for parliament, in regard to the matter. Mr. Moylan was the inspector of penitentiaries at that time, and his report, which is as follows, is of special interest: "The prospect of introducing a reform in our penitentiary system is, I hope, soon to be realized. I refer to the isolation of cellular confinement of incorrigible and habitual and also newly received convicts. Referring to the re-entry of convicts into society, Mr. Moylan said: 'The criminal ought to re-enter society only when he has given guarantees of safety by his good conduct and industry at the prison, and not at the end of the term fixed in advance by the law, as is the case in our present system which makes punishment its sole aim.'"

"In a better system, which raises the penitentiary question to the rank of science, each person should be studied carefully, and treated according to his character and according to the degree of moral idiosyncrasy with which he is affected. I regard the indeterminate sentence system as most essential to any plan of reform that may be devised. This system has no minimum term of sentence. It is somewhat like the ticket-of-leave system in England. Under this system a prisoner would be kept in prison until those in charge of him were satisfied that he was fit again to become a member of society."

BUILDS HOME; HUSBAND TOILS.

Woman Saves for Lot and Puts Up House.
Sandusky, O., Feb. 24.—Elizabeth Sissons is some wife, according to Amos R. Sisson, laborer at the state soldiers' home. By saving out of her husband's meagre earnings she got enough money together to buy a small lot. Sisson didn't have time and they could not afford to hire masons and carpenters and plasterers, so she set to work and built the cozy four-room house in which there is what all concede, the happiest home in Homerille.
Homerille is the little suburb just outlying the state soldiers' home grounds.

Toronto Street Market

Toronto, Feb. 23.—Wheat, bush, 55c; 56c; oats, bush, 41c, to 42c; barley, bush, 52c, to 54c; rye, bush, 65c, 70c; hay, No. 1, \$18, \$19; hay, mixed, \$16, \$17; straw, per ton, \$16, \$17; dressed hogs, heavy, \$11, \$11.50; dressed hogs, light, \$12, \$12.50; butter, dairy, lb., 28c, 33c; eggs, dozen, 40c, 45c; chickens, lb., 18c, 20c; fowl, lb., 13c, 16c; ducks, lb., 16c, 18c; turkeys, lb., 24c, 26c; geese, lb., 16c, 18c; apples, bbl., \$2.50, \$3.50; potatoes, bag, \$1, \$1.10; beef fore-quarters, cwt., \$11, \$12.50; beef hind-quarters, \$14.50, \$15.25; beef, choice sides, cwt., \$13, \$13.75; beef, medium, cwt., \$11.50, \$12; beef, common, cwt., \$9.50, \$10; mutton, light, cwt., \$10, \$12; veal, prime, cwt., \$13, \$15; lamb, cwt., \$16, \$17.

Relics of Roman Rule

Valuable discoveries of Roman and Saxon relics have been made in England at the excavations on the Roman site at Lowbury, on the Berkshire Downs, four miles west of Goring-on-Thames. A rectangular enclosure containing several burrows has been unearthed and seventy-two Roman coins, some as early as the second century have been found. The coins belonged to the reign of Trajan, Antonius and Marcus Aurelius. Other discoveries included a bronze signet ring, daggers and spearheads. The skeleton of a Saxon warrior fully armed, was found buried close at hand.

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