

Stomach Troubles Due to Acidity

So-called stomach troubles, such as indigestion, flatulence, constipation, and inability to retain food are in probability nine cases out of ten simply evidence that fermentation is taking place in the food contents of the stomach, causing the formation of gas and acids. Wind distends the stomach, and causes that full, oppressive feeling, sometimes a slow, steady burp, while the acid irritates and inflames the delicate lining of the stomach. The trouble is entirely in the fermenting food. Such fermentation is unnatural and acid formation is not only unnatural, but may involve most serious consequences if not corrected. To stop or prevent fermentation of the food contents of the stomach and to neutralize the acid, and render it bland and harmless, a teaspoonful of bisulphate of magnesia, probably the best and most effective corrector of acid stomach known, should be taken in a quarter of a glass of hot or cold water immediately after eating, or whenever wind or acidity is felt. This stops the fermentation, and neutralizes the acidity in a few moments. Fermentation, and the acidity are prevented, and unnecessary, stop or prevent them. It is a pleasant, and safe, and can be obtained from any drug store, and thus enables the stomach to do its work properly without being hindered by poisonous gas and dangerous acids.—M. E. F.

GRAY HAIR BECOMES DARK, THICK, GLOSSY

Try Grandmother's Old Favorite Recipe of Sage Tea and Sulphur. Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Two years ago the only way to get this nature was to make it at home, which is messy and troublesome. Nowadays we simply ask at any drug store for "Wright's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw it through your hair, taking the small strands at a time; by morning the gray hair disappears, and after another application of two, your hair becomes beautifully dark, thick and glossy and you look years younger. Agent, Geo. W. Mahood.

Notice PALACE Livery 31 to 33 Princess St. Has re-opened as a first-class livery, hack and boarding stable. Vehicles of all descriptions. L. LAWLESS, Prop. Phone 77

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 function clogs and thus the waste is retained in the blood to poison the entire system. When the kidneys ache and feel like lumps of lead, and you have stinging pains in the back, or the urine is cloudy, full of sediment, or the blood is irritating, obliging you to seek relief during the night, when you have severe headaches, nervous or 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. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders. 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.

Come in and See Our Medium Priced Gas Fixtures. We have a nice assortment of Gas Fixtures at moderate prices, suitable for any room in the house. Inverted Lights, 70c and up. Washable "Flicker" Lights with By-pass, \$2.50 and up. Gas Domes, \$8.50 and up. "Iwanta" Gas Irons, \$8.75. For Sale by DAVID HALL 88 BROCK ST. Phone 535 or 534.

STARVATION IS FACED BY THE WORLD BEFORE THE END OF CENTURY

What Consumption Increasing Faster Than Wheat Production—Only 300,000,000 Acres Will be Available.

Unless the nations of the world consider and solve the problem of food supply at once, humanity will be facing starvation before the end of this century. This is the opinion of H. N. Dickson, professor of geography at University College, Edinburgh, and president of the Royal Meteorological Society. His conclusions regarding the world's food and coal supply are based on a careful study of the subject.

"The day of striking geographical exploration passed with the finding of the earth's two poles" said Prof. Dickson, in the course of an interview. "The future geographer will have as his field the vital question of supplying and distributing food and clothes to the world. Civilized man is, or ought to be, beginning to realize that in reaching more and more of the surface of the earth available for agriculture to what he considers a habitable condition, he is making so much progress and making it so rapidly that the problem of finding suitable food for his increasing numbers must become urgent in a few generations. We are getting into the position of the merchant whose trade is constantly expanding and who foresees that his premises will shortly be too small for him. In our case removal to more commodious premises elsewhere seems impossible—we are not likely to find a means of migrating to another planet—so we are driven to consider means of rebuilding on the old site, and making the best of what we have, that our business may not suffer.

The Supply of Wheat "In 1898 Sir William Crookes prepared some valuable estimates of the world's supply of wheat. Upon these estimates he made a forecast of the relations between the probable rates of increase and supply, and demand, and concluded that should all the wheat-growing countries add to their (producing) area to the utmost capacity on the most careful calculation the yield would give us only an addition of some 100,000,000 acres, 12.7 bushels to the acre, 1,270,000,000 bushels, just enough to supply the increase of population among bread eaters till the year 1931." Sir William then added: "Thirty years is but a day in the life of a nation."

Half the allotted space has now elapsed, and it may be useful to inquire how things are going. Dr. J. Unstead, has recently given us comparisons for the decades 1881-90, 1891-1900, and 1901-10. Dr. Unstead shows that the total wheat harvest for the world may be estimated at 2,255 million bushels for the first of these periods, 2,375 million for the second, and 3,233 million for the third, increases of 14 per cent. and 25 per cent. respectively. He points out that the increases were due mainly to an increased acreage, the area being 192,211, and 212 million acres, but also to some extent (about 5 per cent.) to an increased average yield per acre, for while in the first two periods this was twelve bushels, in the third period it rose to thirteen bushels per acre.

Canada's Part. "If we take the period 1891-1900, as nearly corresponding to Sir William Crookes' initial date, we find that the succeeding period shows an increase of 658 million bushels, or about half the estimated increase required by 1931, and that attained chiefly by increased acreage. "But signs are not wanting that increase in this way will not go on indefinitely. In the two later periods the percentage of total wheat produced which was exported from the United States fell from 26 to 23, and only in the youngest of the new countries—Canada, Australia, the Argentine—do we find large proportional increases. Again, it is significant that in the United Kingdom, which is, and always has been, the most sensitive of all wheat producing countries to variations in the floating supply, the rate of falling off of home production shows marked irregular diminution. "Looking at it in another way, we find that the total amount sent out by the great exporting countries averaged in 1881-90 295 million bushels, 1891-1900 402 millions, 1901-10 532 millions. These quantities represent respectively 13, 15.6 and 16.1 per cent. of the total production, and it would appear that the percentage available for export from these regions is, for the time at least, approaching its limit; in other words that only about

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by the Catarrh Cure. CHENEY & CO., Toledo, O. We the undersigned have known F. J. Cheney for the last 15 years, and believe his effects honorable in all business transactions and financially able to carry out any obligations made by him. Wadding, Kinnas & Marvin, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle, Sold by all Druggists. Make Hall's Family Pills for constipation.

Kingston Business College (Limited) Head of Queen Street. Courses in bookkeeping, shorthand, typewriting, civil service, general improvement, and all commercial subjects. Rates moderate. Information free. H. F. Metcalf - Principal

one-fourth of the wheat produced is available from surplus in the regions of production for making good deficiencies elsewhere. The production of wheat in North America may still, in all likelihood, be very largely increased by merely increasing the area under cultivation, and the reasoning which justifies this conclusion certainly holds good over large districts elsewhere. It is of course impossible in the present crude state of our knowledge of our own planet to form any accurate estimate of the area which may be brought under cultivation, but it is clear that the available proportion of the total supply from 'extensive' sources has reached, or almost reached, its maximum, and that we must depend more and more upon intensive farming, with its greater demands for labor.

Intensive Farming "The average total area under wheat is estimated at 192,000,000 acres for 1881-90, 211,000,000 acres for 1891-1900, and 242,000,000 acres for 1901-10. Making the guess, for we can make nothing better, that this area may be increased to 300,000,000 acres, and that under ordinary agriculture the average yield may eventually be increased to 20 bushels over the whole, we get an average harvest of 6,000,000,000 bushels of wheat.

The average wheat eater consumes, according to Sir William Crookes' figures about four and a half bushels per annum, but the amount tends to increase. It is as much as six bushels in the United Kingdom and eight bushels in France. Let us take the British figure, and it appears that on a liberal estimate the earth may in the end be able to feed permanently 1,600,000,000 wheat eaters. "If prophecies based on population statistics are trustworthy, the crisis will be upon us before the end of this century. After that we must either depend upon some substitute to reduce the consumption per head of the staple food stuff, or we must take to intensive farming of the most strenuous sort, absorbing enormous quantities of labor and introducing sooner or later serious difficulties connected with plant food."

Trade Disputes During February Ottawa, March 17.—The record of the department of labor for February shows that there was a pronounced decrease in the number of strikes through strikes and lockouts as compared with the previous month, although the number was somewhat larger than for the corresponding month of last year. The decrease was largely due to a settlement of a strike of shoe machine workers of Quebec, which was expected to last for several weeks. There were altogether seven disputes in existence in Canada during February, as against five in January and nine in February of last year. About twenty-three firms and 4,400 employees were involved in these disputes. Approximately 66,987 working days were lost as compared with 117,450 during January, and 42,880 during February of last year. Three disputes commenced during February, none of which were serious from the standpoint of numbers affected. They were all, moreover, of short duration. The dispute of coal miners on Vancouver Island and garment workers at Montreal remained unsettled at the end of February.

Rev. Francis G. Lett Dead Vancouver, March 17.—Rev. Francis G. Lett, formerly pastor of McLeod street Methodist church, Ottawa, died at his home on Saturday. The late Rev. Mr. Lett was born about 58 years ago near Pembroke, Ontario, and entered the ministry in 1880 in the Methodist ministry. During his career as a minister the late Mr. Lett was pastor in Stansfeld, Que., Sherbrooke, Que., Ottawa, Pembroke and Smith's Falls. In 1907 he was elected president of the Montreal Methodist conference. He was regarded as one of the most able preachers in the city, and was beloved by all who knew him.

Found Under Altar of Church Lethbridge, Alta., March 17.—A man going by the name of R. S. Edwards, alias Frank V. Chambers and against whom there are some fifty warrants issued by the police of nearly every town from Red Deer to Athabasca Landing, was captured by the Mounted Police hidden under the altar of the Anglican church at Grassy Lake, on the C. P. R. line. He was brought to Lethbridge and detained for identity until the arrival of a merchant from Edmonton, one of his victims. Identity established, he has been taken to the capital.

Prices Slightly Downward Ottawa, March 17.—The department of labor's index number of wholesale prices stood at 136.1 for February, as compared with 136.5 in January and 135.5 in February, 1913. Dairy products, especially eggs, were lower; poultry, sheep, cattle and beef showed declines, but grains and fodder and hogs advanced somewhat. Textiles were also down slightly, but lumber, paint and oils, and furs averaged slightly higher. In retail prices potatoes were advancing, and butter was upward, but eggs declined considerably.

Reports from Picton Picton, March 16.—A sleigh load from Millford sent at 11 o'clock evening at Edwin J. McCaw's. Roy, Savers is spending some time at Ameliasburg. H. Loney has bought a place on Royal street. Joseph McCaw, who has been quite poorly, is somewhat better. Mrs. Robert Adams, Mrs. Charles Fox and Mrs. Walter Collier were callers at Glenbrook on Wednesday. Robert Kenny is moving on his farm on Carson street. William Jenkins is spending the winter at Walter Collier's. The snow is still very deep in this locality.

An unknown man, living on the charity of missions, died of a Toronto street with over one thousand dollars in securities in his pocket. White Rose flour for all purposes.

"CASCARETS" IF HEADACHY, BILIOUS, SHAKY, CONSTIPATED—DIME A BOX

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged, constipated bowels, which cause your stomach to become filled with undigested food, and sour and ferments like garbage in a swill barrel. That's the first step to untold misery—foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret to-night will straighten you out, by morning a Cascaret will keep your Liver active, Bowels clean, Stomach sweet, Head clear, and make you feel bully for months. Don't forget the children.



CAUSED SENSATION TWO HAMILTON BUSINESS MEN FACING SERIOUS CHARGE

A. B. Mackay, Prominent in Marine Circles, and James N. Gow, of Wholesale Grocery Firm, Accused of Breach of Law—Girls as Witnesses Hamilton, March 17.—Summons were served on two prominent business men, A. B. Mackay and James N. Gow, by the police, on charges laid under section 217 of the criminal code which deals with the keeping of a disorderly house. The charges are laid in connection with the alleged happenings at the home of Mr. Gow, at the corner of Charlton avenue and Hughson street. Complaints have been made to the police of the actions of Mackay and Gow by a number of young girls and women, according to a police officer, who has been working on the case for the past month.

A few days ago a warrant was issued against a young girl named Jenny Smith by her mother, charging her with vagrancy. The girl was arrested, and it is understood that she told a story to the police which led to the issuing of summonses against Gow and Mackay. Miss Smith also informed the police of several other young girls and women who are supposed to be implicated in the case. The police got in touch with these girls and they agreed to appear in court as witnesses.

Before the summonses were issued Deputy Chief of Police Whately, who has charge of the case, laid the facts before Magistrate Jells and Crown Attorney Washington, both of whom were of the opinion that the case was strong enough for the police to take action. The two men appeared in the police court before Magistrate Jells and were remanded until Thursday morning.

According to rumors there will be other men summoned in connection with this and other cases on similar charges. The summonses were served on the men individually as they were entering their home at the corner of Charlton avenue and Hughson street. Both men are prominently known large Canadian cities. A. B. Mackay was prominently connected with the old freight steamship company of E. Monday. The deceased had been sailing for some time. She was born in Ireland but had lived in Kingston for over forty years. Her late husband predeceased her about two years ago. She is survived by four sons and one daughter: John, of Alberta; Michael and William, of Kingston; Charles, of Quebec province; Mrs. W. H. Eves. The funeral will take place from her late residence, Cherry street, on Wednesday morning to St. Mary's cathedral where a solemn requiem mass will be sung for the repose of her soul. The remains will be placed in the vault at St. Mary's cemetery.

Buy your wallpaper Weese's sale. William Arnott, son of the late James Arnott, aged 49 years, died suddenly last evening in Toronto, Ontario, from an attack of pneumonia. Deceased spent the greater portion of his life in Belleville. Buy your pictures, frames, Weese's sale. Vice-Admiral Teurataro Matsuro, Tokio, has been arrested on charges connected with the grafting in naval contracts. White Rose flour stocked by all the trade. Another increase in the army is announced. It is stated that the regular establishment is to be raised from 200,000 to 250,000 men.

Worry Stops Digestion and Destroys the Nerves

This Letter Tells of Case Which Baffled Doctors—Lasting Cure Effected by Dr. Chase's Nerve Food.

If you only worry enough, digestion will stop entirely. Worry and anxiety consume nerve force at a tremendous rate. Blood rushes to the brain to renew the wasted nerve cells, and other parts of the body must suffer accordingly. When nervous energy is being consumed by the brain in worry, there is not sufficient left to run the machinery of digestion. This is why nervous indigestion, worrying people usually suffer from indigestion and fail to derive from the food they eat the nourishment essential to the maintenance of health. "Laugh and grow fat" is an old saying laden with value for nervous people in particular. Drop the worry habit and use Dr. Chase's Nerve Food and you will soon get the nervous system restored to good condition. Digestion will improve, appetite will return, and you will find such symptoms as headache and sleeplessness fast disappearing. Mrs. Fred Johnson, 69 Gladstone Avenue, Windsor, Ont., writes: "I have used Dr. Chase's Nerve Food for nervousness and stomach trouble and never found anything to equal them. I was a nervous wreck. Doctors gave me up as incurable, but now I feel well again and have recommended Dr. Chase's Nerve Food to several people suffering as I did, and they have also been cured by its use. I am fifty-one years old, do my own work, and am very thankful that I learned about this great medicine. I am satisfied that my cure is from my own experience." Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.50 all dealers, or Edmondson, Bates & Co., Limited, Toronto.

LIVE STOCK MARKETS

The Prices Paid at the Various Centres. Union Stock Yards, Toronto, March 16.—Receipts were moderate, 59 cars, 1251 cattle, 1144 hogs, 70 sheep and lambs and 65 calves. Cattle—There were 1251 cattle of all classes on sale. In the morning the trade opened brisk but before noon hour came business was slow. Prices were unchanged from those of last week. Choice butcher's steers, \$8 to \$8.25; good butcher's steers, \$7.40 to \$7.70; medium butcher's steers, \$7 to \$7.25; common butcher's steers, \$6.50 to \$6.75; choice butcher's heifers, \$7.75 to \$8; common butcher's heifers, \$7.25 to \$7.50; choice cows, \$6.75 to \$7; good cows, \$6.50 to \$6.75; canners, \$3.75 to \$4.75; bulls, \$4 to \$7.25. Feeders and stockers—Not many on sale, but a few were brought at about steady prices with last week. Choice steers, \$8.25 to \$7.15; medium steers, \$6.25 to \$6.50; stockers, \$5.50 to \$6. Milkers and springers—Not many offered and prices were firm at \$60 to \$100 each, bulk sold at \$70 to \$85 each. Calves—Only 65 calves were on sale, which caused values to be very firm. Choice veals \$10 to \$11.50; medium, \$7.50 to \$9.50. Sheep and lambs—Only 70 were offered, scarcely enough to make a market, and prices were very firm. Sheep, \$6.50 to \$7; culls and rams, \$4 to \$6.25; lambs, choice ewes and wethers, \$9 to \$9.50; heavy lambs \$8 to \$8.75. Hogs—There were 1144 on sale of which 942 were Alberta hogs consigned to the Swift Canadian company. Selected, fed and watered \$9.25 and \$8.90 f. o. b. cars and \$9.50 weighed off cars.

THE JOKE ON THE FAT KNIGHT

Canada, Ottawa. Sir George Field, the Australian high commissioner, in London, is a fat man. He weighs at least 300 pounds, and isn't ashamed of it; though he finds it a bit trying at times. Canadians had some opportunity of glimpsing his great girth when he visited the Dominion a little over a year ago. Lately, Sir George, who relishes a good joke at his own expense, as do most men who have a real sense of humor, has been telling a little tale concerning this same bulk of his.

"But now," he said, "I realize that my career is rapidly nearing its close. I am no longer a young man. Soon the end of things earthly will come, as far as I am concerned, and I will pass into the Great Beyond." Though this was said impressively, it did not impress a wisp of hair in the hall, who called out quite clearly: "Then the fat will be in the firm!"

Woe's wallpaper sale. Sir John Mustaf, Canadian naturalist, and oceanographer, was a casualty killed in a motor car accident at Edinburgh.

Death of Mrs. Patrick Hart Sarah Welch, relict of the late Patrick Hart, of this city, passed to rest at the home of her daughter, Mrs. W. H. Eves, Cherry street, on Monday. The deceased had been ailing for some time. She was born in Ireland but had lived in Kingston for over forty years. Her late husband predeceased her about two years ago. She is survived by four sons and one daughter: John, of Alberta; Michael and William, of Kingston; Charles, of Quebec province; Mrs. W. H. Eves.

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FOOLISH TO SUFFER FROM STOMACH ILLS

What's the use of suffering from heartburn and the other disagreeable things caused by Dyspepsia and Indigestion, when we offer you the privilege of using Rexall Dyspepsia Tablets entirely at our risk, with the distinct understanding that, if they don't relieve your stomach trouble and make your stomach comfortable and your digestion easy they will cost you nothing. If they don't do all you expect them to, we want you to tell us and let us give back your money. We know what they have done for others, and what they are made of. That is why we have confidence in them. Among other things, they contain Pepsin and Bismuth, two of the greatest digestive aids known to medical science. They soothe and comfort the stomach, relieve heartburn and distress, promote the secretion of gastric juice and help make the bowels regular. We believe them to be by all odds the best remedy for indigestion or dyspepsia ever made. We believe you will say so, too, once you have used them. If you don't, they will cost you nothing. Sold only at the more than 7,000 Rexall Stores and in this town only at our store. Three sizes, 25c, 50c and \$1.00. Mahood's Drug Store, Kingston, Ont.

PRESERVE BABY'S SKIN



With CUTICURA SOAP Assisted when necessary by Cuticura Ointment. They keep the skin and scalp clean and clear, sweet and healthy, besides soothing irritations which often prevent sleep and if neglected become chronic disfigurements.

MOTT'S "Cuticura" Chocolate 10c Cakes. For Cooking and Drinking, also for Cake, Icing and making Fudge.

KACHOO! KACHOO! KACHOOEE! THAT SNEEZE MEANS A COLD!

That Cold Means a Cough; That Cough May Develop Dread Pneumonia Soon. Stop It All With Pure Essence Mentho-Laxene, the Only Reliable Remedy. Mentho-Laxene is the only remedy which will quickly check a cold in the beginning—you know you're back of the remedies—but the cold always "runs its course." Send to the drug store for a bottle of Mentho-Laxene right away. Use as directed—and you'll make a fine discovery—or get your money back. You'll discover that there really is a remedy that puts an end to a bad cold and instantly relieves the severest coughing, Coughing, Hoarseness, Stopped-up Head, Watery Eyes, "Leakig Nostrils," all are banished quickly when Mentho-Laxene is used. Sold by all well-stocked druggists.

DUSTBANE puts the ee's (ease) in sweeping IT KNOCKS THE DRUDGERY OUT OF SWEEP DAY

Cleans Carpets-Brightens Floors Order a tin to-day at your grocers or from your hardware man

Don't Ask for Sweeping Compound SAY DUSTBANE BEWARE OF SUBSTITUTES.