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 Sold in Jars 10c., 15c., 25c., and in 24-lb. pails.
 If you get Clark's you get the best.



What Dyspeptics Should Eat

A PHYSICIAN'S ADVICE
 "Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acid, when- ever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity. Unfortunately, such a rule eliminates most foods which are pleasant to the taste as well as those which are rich in blood, flesh and nerve building properties. This is the reason why dyspeptics and stomach sufferers are usually so thin, emaciated and lacking in that vital energy which can only come from a well-fed body. For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty food, and are trying to keep up a miserable existence on gluten products, I would suggest that you should try a meal of any food of foods which you may like, in moderate amount, taking immediately afterwards a teaspoonful of bicarated magnesium in a little hot or cold water. This will neutralize any acid which may be present, or which may be formed, and instead of the usual feeling of uneasiness and fullness, you will find that your food agrees with you perfectly. Bicarated magnesium is the best food corrective and antacid known. It has no direct action on the stomach; but by neutralizing the acidity of the food contents, and thus removing the source of the acid irritation which inflames the delicate stomach lining, it does more than could possibly be done by any drug or medicine. As a physician, I believe in the use of medicine whenever necessary, but I must admit that I cannot see the sense of doing an injury and irritating stomach with drugs instead of getting rid of the acid—the cause of all the trouble. Get a little bicarated magnesium from your druggist, eat what you want at your meals, take some of the bicarated magnesium as directed above, and see if I'm not right."

BRITISH BEAR BRUNT

OF THE GERMAN ATTACKS ON THE ALLIES.
 Only Their Obstinate Fighting Prevented breaking of Line — The German Losses Terrible.

Paris, Nov. 10.—The attacks on the line from Ypres to the Lys have been more violent even than those directed against the coast road and the passages of the Yser. It is the British who bear the brunt of these onslaughts. In many places their lines have become so thin, says an officer who has been in that region during the last fortnight, that only by showing obstinacy worthy of the traditions of Waterloo are they able to hold their ground. Their losses in officers have been terrible. One battalion of foot guards, went into action commanded by a non-commissioned officer. Certain cavalry regiments have lost half their effective strength.

Occasionally, according to this officer, the Germans by surprise capture some of their trenches, but by vigorous counter-attacks the British not only regain these but win fresh ground. The Indian troops continue to bear themselves magnificently despite enormous losses. They have proved themselves the equal of any other troops in defending positions.

Compared with the German losses, this officer continues, those of the allies appear almost insignificant. After night attacks 600 Germans dead, he says, often are found before a single allied trench. Recently, according to this officer, a British battalion caught a German brigade in close formation and slaughtered 4,000 of its men in a few minutes.



At The Play.
 The usher, lofty being he,
 Amid the crush,
 Does everything, it seems to me,
 Excepting ush.

TWILIGHT SLEEP TREATMENT

Causes a Heated Controversy in New York.
 New York, Nov. 10.—A heated controversy has been aroused in New York as the result of the statement of Dr. Mina S. Gregory of Bellevue hospital that three women brought to his attention recently have been suffering from insanity or delirium caused by drugs administered in the treatment of childbirth cases by the "twilight sleep" treatment.

Physicians of the hospitals where the treatment is being used declare that of 500 cases in the city the three reported by Dr. Gregory are the only ones in which such affliction has occurred. They also declared that it was nothing uncommon for a mother to suffer in the same way after the birth of a child under the ordinary treatment. Two of the delirious patients treated by Dr. Gregory have also returned to their homes, it was declared, and but one is still in the hospital, a month after the birth of her child. Symptoms of the mental trouble did not develop in any of the cases, the hospital physicians declared, until three days after the treatment was administered and that the drugs used in the "twilight sleep" treatment could be thrown off by the system within six hours.

Settled the Dean.
 The dean of a certain cathedral as one day walking through the precinct, when he came upon a laborer at work on a small plastering job. The man looked up at him, and went on with his work without touching his cap. This lack of due respect nettled the dean, who purposely passed the laborer shortly afterwards. Again the man failed to salute, and the dean said, reprovingly: "My man, do you know who I am? I am the dean of this cathedral."

The laborer glanced from the sidewalk towards the lofty building, and replied: "And a very good berth, too. Mind you keep it!"

Toronto Street Market.
 Toronto, Nov. 9.—Wheat, \$1.15 to \$1.18; wheat, coarse, \$1.15; oats, 55c to 56c; barley, 67c to 68c; buckwheat, 75c to 80c rye, 90c to 95c; peas, \$1.50; hay, timothy, No. 1, \$20 to \$22; hay, mixed, \$15 to \$17; straw, bundled, \$16 to \$18; straw, loose, \$9 to \$11; eggs, new-laid, dozen, 40c to 45c; butter, dairy, 28c to 32c; chickens, dressed, lb., 17c to 20c; ducks, dressed, lb., 15c to 18c; turkeys, dressed, 20c to 25c; geese, dressed, 16c to 18c; potatoes, bag, 65c to 70c.

Friend Of King Cotton.
 Washington, Nov. 10.—Cotton cord is to supplant jute twine in the postal service. The contract for the entire annual supply of wrapping twine for the post office department, amounting to between 1,200,000 and 1,600,000 pounds, has been awarded to the Beaumont Manufacturing Co., of Spartanburg, S.C.

Island Rechristened.
 The United States geographic board has renamed an island in the St. Lawrence river two and a half miles northwest of St. Lawrence village, Cape Vincent township, Jefferson county. The island's new name is Linda. Heretofore it has been known as Britions.

Possibly one job in ten thousand makes people laugh.

PROTESTS TO SULTAN.

His Nephew in Paris Bitter Against Turk Attitude.
 Paris, Nov. 10.—The Temps prints a telegram of protest addressed to the Sultan by Ismail Sahib Eddine, his nephew, a well-known member of the Turkish colony in Paris, and president of the Ottoman Liberal league, which is bitterly opposed to the policies of the Young Turk Progress (Young Turk) party. The prince was forced by the Young Turks to leave Constantinople. The telegram reads:

Paris, Nov. 6.—Sire: In drawing the sword for Germany your government condemns our country to death. Your majesty cannot but know that the national conscience of all loyal subjects revolts against such monstrous action, because it shocks sympathies with the allies, but is compelled to silence by the condemnations and executions of the military courts.

Your majesty must remember the ancient friendship between Turkey and France, which prevents us from considering the Russian as enemies. So we ought to attack the German vessels instead of offering absurd hospitality to them.

Now that my appeals have been left unanswered by your ministers, I make a last effort to persuade your majesty to prevent a war contrary to the interests and wishes of the Turkish nation.

The Temps also publishes an Algerian despatch stating that the native "whitening" revolution through mouth-piece, Ali Mahomeddin, president of the Arab section of Financial Affairs, have protested their loyalty to France and disapproval of the Turkish attitude. The French governor-generals of Algeria, who on November 5th, issued a statement regarding the causes of the rupture. Similar protests have been received from influential natives at Bona, Algeria, and even from Constantinople. Mohammedan religious circles are usually faithful in the French government.

THE SPORT REVIEW.

Comments On the McGill—Varsity Rugby Game.
 If Varsity wins the possible intercollegiate play-off, a semi-final and final would be necessary to decide the Canadian championship, bringing the final date to Saturday, Dec. 5.

Toronto World: Varsity beat McGill on account of their extra man on the line. In Montreal they think it necessary to play three men back to handle punts, and so at the stadium Paisley, Laing and Jeffrey, for McGill, did only the work performed by Sheehy and Carr for Varsity.

Says the Toronto World: McGill will likely win at Queen's, and the following week, in the play-off for the championship, Varsity should repeat, according to their impressive victory of Saturday. T.R. & A.A.'s unexpected win at Hamilton should be followed by another over the lowly St. Patrick's at Ottawa, leaving Toronto and Hamilton to settle it a week later for the first place in the Ontario Union.

Toronto Mail-Empire: The collegians have closed a tight, and make all their chief gains by complicated mass plays that are no more interesting from the spectator's point of view than the old two backs and a kick that received so much criticism until the open game proved itself more effective. Interference has been carried so far in the intercollegiate now, that on Saturday it was practically impossible for the referee to call a penalty. He only did so on two occasions, and both times it was Varsity that lost the ball. But there were dozens of cases just as flagrant as the two that the officials pronounced illegal. Time and time again the men did things that would have lost them the ball in any other league but the college play has drifted to a point where an official appears arbitrary, when he penalizes anything. As certain things are allowed, almost everything is allowed. On the whole, the amount of interference permitted in the intercollegiate makes more chaos from the referee's viewpoint, than the more strict stand of the other senior leagues. Anyway, it must be added that Varsity had no kick coming on Saturday.

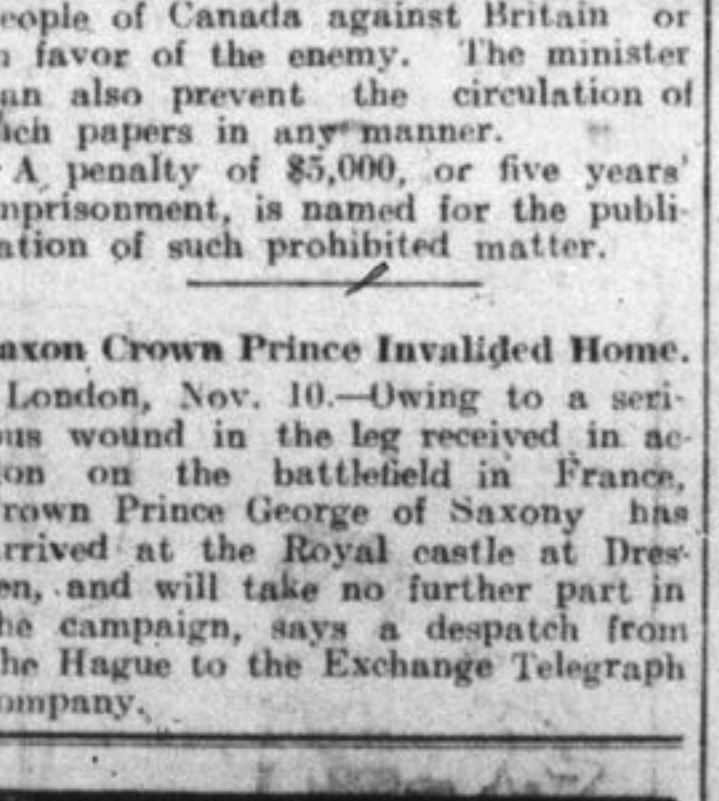
Penalty For False War News.
 Ottawa, Nov. 10.—An ordinance-council has been passed authorizing the minister of customs to issue licenses to manufacturers to buy magnesium from firms in enemy countries, in spite of the general prohibition of trade with the enemy.

The postmaster-general has been authorized by order-in-council to exclude from the mails newspapers, tracts or periodicals containing false statements regarding the war, or articles calculated to influence any section of the people of Canada against Britain or in favor of the enemy. The minister can also prevent the circulation of such papers in any manner.

A penalty of \$5,000 or five years' imprisonment, is named for the publication of such prohibited matter.

Saxon Crown Prince Invalided Home.
 London, Nov. 10.—Owing to a serious wound in the leg received in action on the battlefield in France, Crown Prince George of Saxony has arrived at the Royal castle at Dresden, and will take no further part in the campaign, says a despatch from The Hague to the Exchange Telegraph company.

STRENGTH FOR MOTHERHOOD
 The importance of reserve strength and pure blood at this period cannot be over-estimated and Nature's pure nourishment in Scott's Emulsion is the best means of restoring the blood, strengthening the bones and purifying the whole system.
 Physicians everywhere prescribe it.
 It is free from harmful drugs.



Thin for Years

"Gains 22 Pounds in 23 Days"



"I was all run down to the very bottom," writes F. Gagnon. "I had to quit work I was so weak. Now, thanks to Sargol, I look like a new man. I gained 22 pounds in 23 days."

"Sargol has put just 10 pounds on me in 14 days," states W. D. Roberts. "It has made me sleep well, enjoy what I ate and enabled me to work with interest and pleasure."

"I weighed 132 pounds when I commenced taking Sargol. After taking 20 days I weighed 144 pounds. Sargol is the most wonderful preparation for flesh building I have ever seen," declares D. Martin, and J. Meier adds: "For the past twenty years I have taken medicine every day for indigestion and got thinner every year. I took Sargol for forty days and feel better than I have felt in twenty years. My weight has increased from 150 to 170 pounds."

When hundreds of men and women—and there are hundreds, with more coming every day—living in every nook and corner of this broad land voluntarily testify to weight increases ranging all the way from 10 to 35 pounds given them by Sargol, you must admit, Mr. and Mrs. and Miss Thin Reader, that there must be something in this Sargol method of flesh building after all.

Hadn't you better look into it, just as thousands of others have done? Many thin folks say: "I'd give most anything to put on a little extra weight," but when someone suggests a way they exclaim, "Not a chance. Nothing will make me plump. I'm built to stay thin." Until you have tried Sargol, you do not and cannot know that this is true.

Sargol has put pounds of healthy "stay there" flesh on hundreds who doubted, and in spite of their doubts, you don't have to believe in Sargol to grow plump from its use. You just take it and watch weight pile up, hollows vanish and your figure round out to pleasing normal proportions. You weigh yourself when you begin and again when you finish and you let the scales tell the story.

Sargol is absolutely harmless. It is a tiny concentrated tablet. You take one with every meal. It mixes with the food you eat for the purpose of separating all of its flesh-producing ingredients. It prepares these fat making elements in an easily assimilated form, which the blood can readily absorb and carry all over your body. Plump, well-developed persons don't need Sargol to produce this result. Their assimilative machinery performs its functions without aid. But thin folks' assimilative organs do not. This fatty portion of their food now goes to waste through their bodies like unburned coal through an open grate. A few days' test of Sargol in your case will surely prove whether or not this is true of you. Isn't it worth trying?

If you want a beautiful and well-rounded figure of symmetrical proportions; if you want to gain some solid pounds of healthy stay-there flesh, if you want to increase your weight to normal, weigh what you should weigh, go straight to your druggist to-day and get a package of Sargol and use it as directed. Sargol will either increase your weight or it won't, and the only way to know is to try it. A single package of Sargol easily enables you to make test. Sixty days' use of Sargol, according to directions, is absolutely guaranteed to increase your weight to a satisfactory degree or your druggist will refund all the money you have paid him in Kingston and vicinity by Hoag, the Druggist, Medley's Drug Store, Mahood's Drug Store.

LABOR LEADERS RETURN.

Promise Not to Embarrass S. A. Government During War.
 London, Nov. 10.—The Durban, Natal, correspondent of Reuter's, says that the labor leaders who were deported to England after the Rand riots last January, have returned, in conformity with an amnesty decree recently issued.

Dr. H. J. Pottsma, one of the deported, stated on behalf of his companions, that all had come back unconditionally, but had promised not to embarrass the government during the war. Their landing was not accompanied by any demonstration.

Collapsed and Died.
 Vancouver, B.C., Nov. 10.—John E. Grey, aged seventy, a director of the Dominion Trust company, dropped dead of heart failure at Oakland, Cal., while hurrying to the south to spend the winter. The strain following the crash of the Dominion Trust was too much for the aged man.

WILL GO TO CANADA.

Application For Power to Make the Gift.
 London, Nov. 10.—"Quebec House," the home of General Wolfe, the conqueror of Quebec, is soon to pass into the hands of the dominion of Canada as a gift from Mrs. J. B. Learmont, widow of the late Mr. Learmont, a well-known merchant of Montreal.

Mrs. Learmont, an executor of the estate, has given notice of an application to be made to the legislature at its next session for permission to make the gift.

"Quebec House" is in Westcham, county of Kent. The grounds and other buildings are to be given with the house.

It's almost as easy for her to keep a secret as it is for her to see the point of a joke.

It takes a lot of confidence to enable a man to enjoy hash.



THE WAR SITUATION IN WEST FRANCE.
 The map shows the wedge driven by the allies into the German line near Ypres, where some of the heaviest fighting of the war has taken place. The arrows show the distance to Calais and Boulogne, to which the Germans are making renewed efforts to press.

Children Cry for Fletcher's



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Jap" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Purgative, Drops and Soothing Syrups. It is pleasant, it contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher
 in Use For Over 30 Years

The Kind You Have Always Bought

A man gets very little exercise when he goes for a walk with his wife on a street where dry goods and milliners' show windows abound.

The female of the species may get a vote but the male continues to pay the freight. Before giving advice prepare to stand from under.