

THE HORRORS OF CONSTIPATION

Bowels Almost Paralyzed "Fruit-a-tives" Relieved

St. BORISACE DE SHAWINIGAN, P.Q. February 3rd, 1914.

"After suffering with terrible Constipation for over 2 years, 'Fruit-a-tives' relieved me. While a student at Berthier College, I became very ill and was forced to leave. Severe pains across the abdomen continually tortured me and my digestion became paralyzed. Some one advised me to take 'Fruit-a-tives' and at once I felt a great improvement. After taking four or five boxes, I was completely relieved and have never had any return of this trouble." MAGLOIRE PAQUIN.

50c. a box, 6 for \$2.50, trial size 25c. A2 dealers or Fruit-a-tives Limited, Ottawa.

"MADE IN CANADA"



ARROW Soft COLLARS

8 for 25 cents

Cliff, Fashley & Co., Inc., Makers, Sales Dept., Montreal

MARBLE HALL

Pure Ice Cream

In Bulk or Bricks. Packed and delivered to any part of the city.

GEORGE MASOUD,

Phone 980, 238 Princess St.

Parker's Specials

Just Arrived.

Yearling Lamb, Spring Lamb, Finest Beef, Pork and Veal.

Special Picnic Hams	18c lb.
Special Cottage Hams	20c lb. (sliced 25c)
Ham and Tongue Sausage	10c each
Brookfield Butter	33c

Parker Bros.,

217 PRINCESS STREET. PHONE 1683

THE DISTRICT NEWS

CLIPPED FROM THE WHIG'S MANY BRIGHT EXCHANGES.

In Brief Form the Events in the Country About Kingston Are Told—Full of Interest to Many.

The Roman Catholics of Marmora are to establish a separate school.

Fred. Yorko was arrested at Deseronto on a charge of the theft of a boat from A. H. Kerr, Belleville.

Pte. Charles Brown Forward, Ches. terville, belonging to the 16th Battalion, C.E.F., is reported killed in action.

Miss Grace E. Chapin, Brockville, has been accepted as nurse-in-training in the City Hospital, Watertown, N.Y.

J. J. Lappan, Lyn, had a valuable horse killed by lightning during Friday's storm. The animal was valued at \$250.

C. Hopkins Ould, organist of the First Presbyterian Church, will shortly leave Brockville to become organist of St. Andrew's Church of Scotland, Montreal.

The marriage of Miss Phyllis Thorne Brown, daughter of Mr. and Mrs. W. H. Brown, Brockville, to Thomas Russell, son of Mr. Hugh Russell, Montreal, will take place quietly this week.

Charles McAllister, Belleville, a middle-aged man, was found guilty of committing a serious offence on his young daughter. Judge Deroche sentenced the accused to one year in the Provincial Reformatory and to receive five lashes one month after entering upon his sentence, and five lashes one month previous to the expiration of his sentence.

"Foot Powders" at Gibson's.

Many a man who is brave enough to beard a lion in his den may be shy when it comes to facing the cook in the kitchen.

"Beef, Iron and Wine, 50." Gibson's.

But a man never realizes what fool ideas he has until after he builds a house according to his own plans.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Watson*

FROM THE MOST PERFECT REFINERY IN THE WORLD.



Lantic Sugar

IN HANDY ORIGINAL PACKAGES. MADE FROM PURE CANE.

OFFERS AN HOTEL.

For Use By Wounded Soldiers As A Convalescent Home.

John M. Theobald has offered the stone hotel at Collins Bay as a convalescent home for wounded Canadian soldiers. It is splendidly situated on the bay, has some fifteen or more rooms, good grounds and every thing to give comfort and pleasure to the men seeking recuperation. The property will be inspected by the military authorities who have been appointed for that purpose.

Mass For Late Capt. McGee

A requiem mass was celebrated in St. Mary's Cathedral on Saturday morning by Rev. Father Hanley for the late Capt. Charles McGee, Ottawa, recently killed at the front. The mass was sung at the request of some Protestant friends of the dead officer.

All week music sale, College Book Store.

A satisfactory arrangement has been made for the operation of the Grand Trunk Pacific line between Winnipeg and the head of the lakes by the G. T. P. Company for the Government.

DR. A. W. CHASE'S 25c. CATARRH POWDER

is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. 50c. a box; blower free. Accept no substitutes. All dealers or *Edman's, Sales & Co., Limited, Toronto.*

Efficiency At Ottawa.

Canadian Courier.

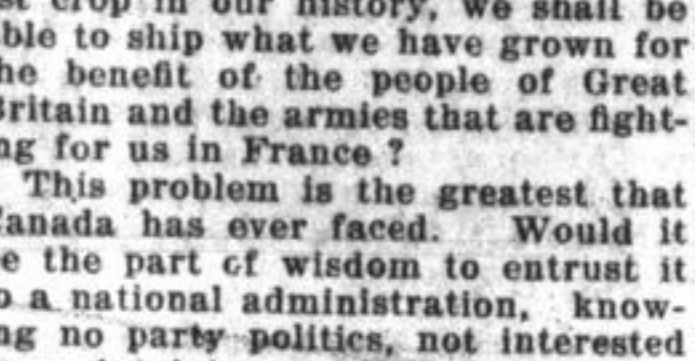
Now that the British leaders have come together for greater efficiency in London, the question arises "Can greater efficiency be secured at Ottawa?" No one need charge that the Borden Ministry has been either careless or inefficient. That is not necessary. Yet there never was a Government on Parliament Hill which could not, by change in personnel and change in policy, increase its efficiency. A Coalition Government there during the past six months would have directed much energy towards the administration of national affairs which has gone into partisan activity and partisan controversy.

The British Empire is passing through its greatest trial and Canada is part of that Empire. There is much that Canada can do to bring that trial to a speedy conclusion, and it might be advisable to put the work in charge of a national rather than a party administration.

The greatest effort is needed to secure ships to carry our food-stuffs and other products across the ocean. The people have been asked to produce more, and right loyally have they responded. But are we certain that having produced the greatest crop in our history, we shall be able to ship what we have grown for the benefit of the people of Great Britain and the armies that are fighting for us in France?

This problem is the greatest that Canada has ever faced. Would it be the part of wisdom to entrust it to a national administration, knowing no party politics, not interested in maintaining political power, but absolutely devoted to using the best that can be done in a moment when the most vital interests are at stake? This is a question which public opinion must answer.

Sure Enough



Winter in these parts deserves a lot of credit for one thing. What's that? For reducing the mortality among aviators.

A Life Of Mistakes.

Mr. Bryan has played many parts. He has instilled into the minds of millions of his countrymen dangerous economic fallacies, his aggressions and his ambitions have disturbed industry and inflicted great loss upon the country. His impropriety of behavior and the lack of dignity he has shown in the office of Secretary of State have been a public humiliation, and, playing the part of a vulgar spokesman, he has done what he could to impair the efficiency of a great department of the Government by displacing men of ability and training to make room for obscure and incapable persons who have done him political service. By turns he has aroused feelings of disgust, contempt, of aversion and of unspasmodic weariness. Should he persist in his attempt to obstruct or defeat the policies of the President by persuading those who still may be his followers to take the German view that the murder of peaceful American citizens is a legitimate operation of war, should he continue to act upon the theory that his selfish personal or political ends may be prudently, safely, or honorably gained by counselling the abandonment of American rights and dignity to the American Government, he is making the greatest mistake of a life abounding in mistakes and the least of any public concern which it will be in his power to make.

Labatt's

ALE --- STOUT --- LAGER

PURE --- PALATABLE --- NUTRITIOUS --- BEVERAGES

FOR SALE BY WINE AND SPIRIT MERCHANTS EVERYWHERE

LOCAL OPTION—Residents in the local option districts can legally order from this brewery whatever they require for personal or family use. Write to

JOHN LABATT, LIMITED, LONDON, CANADA

James McFarland, Agent, 339-341 King St. East.

Poisonous Gases

This is NOT the kind we are talking about.

Have you 'phoned in your order yet to have the Gas Meter installed so you may enjoy the many benefits derived by the use of GAS FOR COOKING?

'Phone 197 or drop a card to the office of the works, Queen street.

Light, Heat, Power and Water Depts.

H. MILNE

Electric Carpet and Vacuum Cleaning, Sewing and Laying.

Cleveland, Standard and Falcon Bicycles.

Phone 542, 272 Bagot St.

GOOD YEAR

MADE IN CANADA

Fortified Tires

FORTIFIED AGAINST

Rim-Cuts—by our No-Rim-Cut feature. Blow-outs—by our "On-Air" cure. Loose Treads—by many rubber rivets. Insecurity—by 128 braided piano wires. Slippage and Skidding—by our double-thick All-Weather tread.



Suppose We Pared This Goodyear Fortified Tire

Suppose we pared the Goodyear All-Weather Tread. There still would be a full-built tire left. For this famous tread is double-thick, and the "carcass" beneath is made extra-strong to support it.

That's what men mean when they tell you that Goodyears are built in perfect balance. For what is the good of a heavy tread that you have to discard when the tire beneath gives out prematurely? This fault, in many rival tires, is avoided in Goodyear construction.

Goodyears Rule Because—

Five vital features have put these tires on top in four short years. But these five features we control. And no rival has them.

Goodyear's All-Weather Tread— now double-thick, with deep-cut, close-set, sharp-edged blocks. They grip where average tires slip. They minimize punctures and multiply mileage.

Goodyear's No-Rim-Cut Feature— that fortifies against rim-cutting in the best way science has discovered. This patented method, though widely copied, has never been equaled.

Goodyear's "On-Air" Cure— that protects against blowouts. We give each tire this second cure on bags of air. The air, super-heated, expands and "irons out" any wrinkle the fabric may contain.

No other tire maker goes to this expense. So wrinkled fabric in rival tires causes blowouts.

Goodyear's Rubber Rivets— hundreds of them vulcanized between the tread and "carcass." The exclusive use of this method cost \$50,000. It reduces loose tread risk by 90 per cent.

The Goodyear Tire & Rubber Co. of Canada, Limited, has no connection with any other Canadian company using the Goodyear name.

Prices Reduced

Yet despite these extra features—despite the war tax on every particle of raw material that goes into Goodyear Fortified Tires—

On February 13th we made a radical price reduction.

This was our third in less than two years, saving the user in all an average of 37 per cent. This saving is due to the amazing demand for Goodyear Tires that multiplied our output and cut our factory cost per tire. Last year alone men bought in Canada as many Goodyear tires as there were cars in the Dominion.

Join these contented motorists. Get our new price on your size from any dealer today.

The Goodyear Tire & Rubber Company of Canada, Limited

Makers of Trucks, Motorcycles, Carriage and Bicycle Tires and Rubber Belts, Hose and Packing

Head Office, Toronto, Ont. Factory, Downsview, Ont. Branches to all Parts of the Dominion

Goodyear Service Stations—Tires and Tubes in Stock

Angrove Bros., Kingston, Ont.; F. A. Bibby, Kingston, Ont.; Lennox Automobile and Motor Boat Co., Napanee.

Mouth Washes

vs

The Mouth's Wash

There are mouth washes and the mouth's own wash.

The former are man-made substitutes for the latter which is a prescription by good Dr. Nature himself—King Chemist of them all.

Dental authorities agree that man's saliva in healthy quality and flow is the one best friend to the teeth.

They also agree that modern diet too often depresses the normal moist condition of the mouth.

It is here that the chewing of Sterling Gum steps in as a right-hand assistant to oral hygiene. It stimulates the healthy flow of saliva, neutralizing the acids of the mouth, and keeping the mouth moist, cool and healthy.

No; it is not necessary that you chew Sterling Gum all day long. Twenty minutes or even less after each meal will be about right.

Sterling Gum

Made in Canada

REFRESHING PEPPERMINT 5c

(the 7 point gum)

The Sterling Gum Company of Canada, Limited