IF FOOD DISAGREES DRINK HOT WATER

ach and you have that uncomfortable, distended feeling it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan; now followed in many hospitals and advised by many eminent physicians, of taking a teaspoonful of pure bisurated magnesia in half, a glass of water, as hot as you can comfortably dripk it. The hot water draws the blood to the stomach and the bisgrated magnesia, as any physician can teli you, instantly neutralizes the acid and stops the food fermentation. Try this was simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travellers who are frequently obliged to take hasty meals poorly prepared, should always take two or three fivegrain tablets of Bisurated Magnesia after meals to prevent fermentation and neutralize the acid in the stomach

> **BUILDERS!** Have You Tried **GYPSUM WALL** PLASTER It Saves Time P. WALSH Barrack St.

Stop Eating Meat For a While If Your Bladder Is Troubling

it generally means you have been 1.282 were tavern licenses, 216 shop, guard to occupy the village of Wadh, known authority. Meat forms uric beer, and the remainder casual or number of prisoners. Then he heard them, like you relieve your bowels; operating but not licensed. removing all the body's urinous Prohibition in any event will not | Colonel Carter says: "It was one waste, else you have backache, sick be had without some cost. The loss of the best planned little shows ing the night.

few days and your kidneys will then act fine. This famous salts is made and stimulate sluggish kidneys, also to neutralize acids in the urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

FLOWER POTS AND **BUTTER JARS**

All Sizes. Ideal Silver Cream For Gold and Silver

D. COUPER 341-3 Princess St. Phone 76.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractive-

Almost everyone knows that Sage In Ontario and Quebec grain yields Tea and Sulphur, properly com- have been greatly reduced

can possibly tell that you darkened \$49,000 acres of oats, and 69,100 centive to crime, being rather the inyour hair, as it does it so naturally acres of barley. It is consequently dustrial species of the same stone and evenly. You dampen a sponge estimated that the total yield of and far from the sparkling variety or soft brush with it and draw this wheat this year will be 168,811,000 with which the term is generally asthrough your hair, taking one small bushels from a harvested area of 10,- sociated. Under a British regulation strand at a time; by morning the 085,300 acres, as compared with such stones must be shipped to Cangray hair disappears, and after an- 376,303,600 bushels from 12,986,400 ada in care of the Trade and Comother application or two. Your hair acres last year, and 161,280,000 merce Department, and in this case a hecomes beautifully dark, glossy and bushels from 10,293,900 acres in parcel of them has vanished en attractive.

for those who desire dark hair and a 15.67 bushels in 1914. youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

More Good Things This

Tokay Grapes, Malaga Grapes.

Service Contract

Ontario Under Prohibition

OR the first time prohibition of the sale of intoxicating liquors in Ontario came into effect on the night of September 16th. As a war measure this adopted by the Legislature in the interest of national economy and efficiency. Prohibition will affect principally the cities and larger centres, although here and there remained a few licensed bars.

Like all new measures that the Provinces where prohibition has ta, Baluchistan. been in operation for a short time there is a growing feeling of public and passed excellent examinations confidence that it will prove a bene- in Urdu, Pushtu and Higher Persian. fit to the community.

servative Government in Ontario is a three successive colonels. guarantee to the Province that this As a war measure it stands for three Government of Ontario has shown | zara Pioneers writes, giving the circourage and leadership in taking cumstances under which Captain | brush backs, fancy buttons, and tify the action taken.

interest that the Ontario Temper- men of the 106th Pioneers, two ance Act in superseding the Liquor mountain guns, and a soundron of License Act disposes of 1,621 li- cavalry, all commanded by Colonel censes, according to the figures of Carter, to restore order and effect : When you wake up with backache the last annual report of the Liquor settlement. Captain Henderson was and dull misery in the kidney region License Branch. Of this number sent forward with an advanced eating too much meat, says a well- 31 wholesale, 61 club, 3 wine and which he did successfully, taking a acid which overworks the kidneys in temporary licenses. In 1905 when of a gang of outlaws camped about their effort to filter it from the blood, the Conservative Government came six miles away, and decided to attack and they become sort of paralyzed into power the total number of il- them at daybreak. His surprise atand loggy. When your kidneys get quor licenses in Ontario was 2,745, tack was perfectly successful, and sluggish and clog you must relieve exclusive of clubs, which were then the whole band of outlaws was killed

headache, dizzy spells; your stomach in revenue will be a serious item to which has taken place on this side of sours, tongue is coated, and when the the treasuries of the province and the frontier for years." weather is bad you have rheumatic the municipalities. Last year the Captain Henderson then sent some twinges. The urine is cloudy, full municipalities received as their por- of his men, under Captain Pargeter, of sediment, channels often get sofe, tion of the revenue from the liquor to search some scrub jungle where water scalds and you are obliged to traffic \$356,021.76, the Province other outlaws were supposed to be seek relief two or three times dur- \$467,577.54, a total of \$823,599.30. and when his men were fired on, ad-It is striking that the annual vanced to their support, and Either consult a good reliable phy- number of commitments increased as himself shot and instantly killed. sician at once or get from your phar- the number of licensed places | Colonel Carter adds: "I deeply macist about four dunces of Jad through the operation of local option | lament the loss of my trusted adjut-Salts; take a tablespoonful in a law or Canada Temperance Act ant, whose plain, manly, ourspoken glass of water before breakfast for a (Scott Act). In 1915 there were character attracted everyone to him 7,177 commitments, about half the Our men were devoted to him, and number of ten years ago. This is his death leaves a gap in our lives. from the acid of grapes and lemon due partly to enlarged legal mach- He was a most capable officer, and juice, combined with lithia, and has inery being provided to stop illicit would probably have risen to high been used for generations to clean trading in liquor and to prevent rank in the service had his life been drunkenness in "dry" territories, but | spared."

it is due principally to the efficient non-partisan administration of the liquor licese law that was given by the License Branch of the Provincial Secretary's Department and latterly by the Board of License Commissioners for Ontario. There is one other thing. Wil the advent of prohibition the alco holic habituate has not been lef stranded to suffer or go to worse ex-

cesses. A humane amendment was made to the Hospitals for Insane Act last session at the instance of Mr Thos. Hook, M.P.P. for South East Toronto, whereby an alcoholic habituate may be voluntarily committed to a hospital for treatment for a period of not more than a year, or on the petition of a relative or a no publicity or disgrace attached to this legislation, and its worth has already been recognized by many states across the border.

Crop Estimate 168,811,000 Bushels, In a bulletin the Census and Statistics Office publishes the first or preliminary estimate of the yield of the wheat crop. After a reference to the reduced yield in the western provinces, the bulletin says:

pounded, brings back the natural drought in August; but in the Maricolor and lustre to the hair when time Provinces and in British Columfaded, streaked or gray. Years ago bia the condition of the grain crops the only way to get this mixture was has continued to be quite favorable. to make it at home, which is mussy It is estimated from the reports to the Canadian Government has and troublesome. Nowadays, by ask- of correspondents that, of the areas been lost in the mails. The stones ing at any drug store for "Wyeth's sown about 13.7 per cent. of spring were sent to the Trade and Com-Sage and Sulphur Compound," you wheat, eight per cent. of oats, five merce Department by an English will get a large bottle of this fam- per cent, of barley, and 1.8 per cent. firm on the order of a New York ous old recipe, improved by the addi- of flax will fail to produce any crop house to be delivered to a Canadian tion of other ingredients, for about of grain. These percentages repre- customer. They have not arrived. sent deductions from the areas sown | However they are not the sort of dia-Don't stay gray! Try it! No one of 1,432,300 acres of spring wheat, monds which generally prove an in-Wyeth's Sage and Sulphur Com- 16% bushels, as compared with they might have been were they of fail to consult their choirmasters as pound is a delightful toilet requisite twenty-nine bushels last year, and another sort, they are worth some to the soles or anthems which are to

> Will Deduct It From Pay. It is announced that an order-in-Council has been passed providing that whenever a soldier of a unit of the overseas forces deserts or is illegally absent the deductions from his pay shall include an amount sufncient to cover the expenses incurred in apprehending, prosecuting, and returning him to duty.

"Carrying On."

The total net tonnage on the Brith Shipping Register at the end of 12.119.831 tons at the end of 1918, the "a." which shows that in spite of subma-

Books are desirable companions; when they bore you it is an easy mat- Many a man's love for his club is Any man who can catch a flea in ter to shut them up without giving due to the fact that his wife never the dark can hoe his own row in pol-

302 King St. Phone 141 do and don't have to, but should do. hair.

KILLED IN INDIA

pire on Indian Frontier.

The death of Captain Elmes lenderson, which occurred on 25th June last, on the Indian frontier, marks the passing of a gallant Canadian soldier who was making a name for himself in the permanent forces of the Empire.

The late Captain Henderson the third son of Mr. and Mrs. Elmes Henderson, of Toronto, and was born on the 27th June. 1885, and after being educated at the Toronto Church School, and the Royal Military College, Kingston, he graduated with a commission in the Indian throughout the country there have army, and was gazetted to the Royal Sussex regiment then stationed at are Umbala. After a year's training radical in effect, public feeling will there, he was nominated by the late be more or less disturbed for awhile, Lord Kitchener, then Commander-inbut a large section of the population Chief in India, to the 106th Hazara will receive prohibition willingly. In | Pioneers, with headquarters at Quet-

He studied the native languages, While still a junior officer, he was The success of all such measures appointed adjutant of his regiment depends upon a proper enforcement by Colonel Jacob, and filled that of the law. The record of the Con- arduous post to the satisfaction of

When the Governor of the Prov legislation will be properly enforced. Ince of British Baluchistan made an official State journey to neighboring years; its permanency will be decid- Indian Potentates. Captain Hendered by a vote of the people. But in | son was selected to accompany the view of the serious crisis facing this party, and made many interesting country at the present time, a crisis | observations of his experiences of not emphasized by the noise of bat- peoples and places on that occasion, tle, but none the less serious, the | Colonel Carter of the 106th Ha-

AND KIDNEYS HUKI this stand, and there is no doubt that Henderson lost his life. Owing to this stand, and there is no doubt that | Henderson lost his life. Owing to Jhalawan, the Political Agent at By way of reminiscence it is of Kalat went with an escort of 200

Many Students at Front.

will be he does not know, but that it are as much interested in procuring will be considerably lower in what casein as those in the United States. the university authorities expect.

in nearly every faculty. In the Fac- | ronto Globe. ulty of Arts next year may see a heavier attendance of women stufriend he may be so certified by two office reports very many inquiries physicians and detained for this during the last week from prospective with August, their financial year, heavily as the senior years in other adian Bank of Commerce, have done faculties, as a doctor is of more value an abnormal business, from which to the A. M. C. than a student, as a satisfactory profits have been deriv-

preparing to take care of as heavy and the greater part was exported. a first year enrollment as last year. For the twelve months ending May The other years will not be so large, last, the latest period for which as many of the students have enlist- trade returns are available, exports though small, and having a class of rels valued at \$37,352,859. The exmen on its rolls very useful to the cellent quality of last year's crop army, bas made all preparations to made the surplus wheat readily marcontinue as usual.

Trade Diamonds Lost, A package of diamonds consigned thousands of dollars.

Me Caught a Cold.

she asked, as she handed him a glass Donaldson. of water and the cough stopped "I take a hath: I get a cold," he explained, with a doleful shake of 1915 was 12,416,406 tons, as against the head and a strong emphasis on

"But taking a bath would never ripe activity merchant tonnage to give you a cold," the lady protested as a donation toward the general war greater than at the beginning of the "Oh, yes, yes," the Indian insisted. expenditures of the Dominion. The "I take a bath: I get a cold. They

fense.

Few men have will power enough A woman who is a has-been beauty There is no hope for the man who to do the things they don't want to is as fussy as a man who has lost his acts the hyprocite even when he is

Canada Could Make Money out of the Ivorette Products of Skim Hilk. With a hundred thousand capital and a supply of casein I could turn out, at a figure that would hold the Canadian market, about half a million worth of buttons and other goods that are being brought in annually from Europe," said an industrial investigator a few days ago. He says the scarcity of the element casein, which is derived from skine milk and curds, separated from the water and dried, and used extensively in paper-making, has led to inquiries for supplies being made in countries where dairying is carried on extensively. Moscow dairymen have been approached with a view to their supplying casein to the United States market, where there is a large outlet for that commodity. and in answer to inquiries made, they state that formerly a considerable quantity was produced in the Siberian dairy districts, but interest in its production died out because of low; prices. It is estimated by Canadian investigators who have been studying the question that it takes one hundred pounds of skimmed milk to produce four pounds of casein, which means that, in Canada, if the farmers or the creameries gave attention to the production of casein they would get approximately 25 cents for the product of one hundred pounds of skimmed milk. A Kitchener inventor explained that casein was valuable as the chief raw material in the production of ivorette, an element that resembles ivory and which is used extensively in the making of other articles, as well as for decorative purposes in other industries. Ivorette also, if it can be produced at a sufficiently low figure, can be used in the making of electric fixtures, as it is one of the best non-conductors. It is estimated that the value of

goods imported into Canada that are made very largely of ivorette, or, as the French call it. "gaililith." is about \$1,000,000 a year. The process of producing ivorette is known in Canada, and the practicability of utilizing it depends upon the quantity of casein that can be procured. The inventor from Kitchener to whom reference has been made is of the opinion that a campaign amongst the farmers not in a position to ship their fresh milk for distribution in large urban communities would re-L sult in a very large quantity of skimmed milk being obtained for the purpose of casein production. It, however, appears to be an undertaking that would require considerable capital as well as organization. Casein is valuable for other purposes than that of paper-making, as exemplified by its very extensive use as one of the fundamentals in many industries that hitherto have been regarded as impossible elsewhere than in European countries. It is claimed that in Canadian districts where pasture is luxuriant and where it is impracticable to ship fresh milk casein production would be profitable if an adequate supply could be relied upon by industries that would make use of

it. The merit of ivorette, a casein product, over calluloid is that it is not inflammable. As to treatment According to President Falconer, for the production of pleasing and all the faculties of the University of artistic effects, the advantage is with Toronto will continue for the acade- the casein product. In the case of mic year of 1916-1917. The attend- both opportunities for development ance at the whole university, it is are being studied by several who anticipated, will be very much lower have already some acquaintance with than last year. President Falconer their nature and their use in indusstates that just how much lower it try. The paper-makers in Canada

The value of the casein brought The splendid response of Varsity's into Canada last year was \$25,000. students to the call of patriotism as compared with \$4,656 in the year has affected heavily the attendance! previous and \$14,993 in 1914 .- To-

Millers Doing Well.

tive first-year men. The senior years | the milling companies, says the Sepin medicine are not drawn upon so tember commercial letter of the Caned. The output was thirty per cent. The Faculty of Applied Science is greater than in the previous year. The Faculty of Forestry, al- of flour amounted to 6,764,583 barketable, with the result that the amount carried over is not more than 30,000.000 bushels. In addition, an unusually large proportion of the crop was ground into flour at home, with resulting benefit to home industries, and the additional quantity of subsidiary products was readily absorbed by the home market, There has been a yearly increase in the volume of foreign business transacted by the Canadian mills, in spite of variations in the amount of the crop and of the wheat exported This progress has been hampered somewhat by the lower freight rates on wheat than on flour, but, despite this disadvantage, the annual gains are substantial.

Team Work Lacking.

Preachers who choose striking 1914. The average yield per acre is route. Though not as valuable as titles for their sermons should not be rendered, otherwise the juxtaposition of titles is apt sometimes to produce amusing results. An issue The Indians at Camp Borden are of The Cobalt Nugget in the earlier faithful patrons of the Y. M. C. A. days of the camp contained the folcanteen, and one lady who has spent lowing paragraph one Monday afterseveral weeks helping in the canteen moon: "Samson Kicked Himself takes a particular interest in them, was the title of the sermon preached so flew to the assistance of one dusky in Haileybury Methodist church last warrior who, standing by the coun-juight by Rev. A. G. Hudson. A very ter, fell into a paroxysm of coughing. appropriate solo, 'One Sweetly Sol-"How did you take such a cold?" Jemu Thought, was rendered by Miss

A Patriotic Gift.

Sir Thomas White has received seque from the Toronto firm of Mesers, R. H. Howard and Company

You may be deceived

some day by an imitation of

and possibly you will not detect this imitation until the tea-pot reveals it. Demand always the genuine "Salada" in the sealed aluminum packet, and see that you get it, if you want that unique flavour of fresh, clean leaves properly prepared and packed.



Local Branch Time Tabl

IN EFFECT JUNE 25TH. 1816. Trains will leave and arrive at City No. 19—Mail 12.20 a.m. 12.57 a.m. No. 13—Fast Ex. .. 2.58 a.m. 3.35 a.m. No. 27—Lel. to Tor. 9.20 a.m. 9.54 a.m. No. 1—Intl. Ltd. 1.41 p.m. 2.12 p.m. No. 7—Mail 3.04 p.m. 8.40 p.m.

. 6.48 p.m. 7.37 p.m No. 18-Mail 1.40 a.m. 2.17 a.m. No. 16-Fast Ex. .. 2.58 a.m. 2.35 a.m. No. 32-Local to Nos. 1, 6, 7, 13, 14, 16, 18, 19 run daily, other trains daily except Sunday.

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