

**WINNIPEG MAN CURED**

Says Dr. Cassell's Tablets Saved Him From Nervous Breakdown.

Mr. G. C. Inman, 320 Harcourt-street, Sturgeon Creek, Winnipeg, for many years a well-known man in the business life of Canada, says: "I was terribly run-down and weak. I had no appetite and I suffered if I forced myself to eat. My nerves were in a bad way and my sleep very disturbed. Everything pointed to a nervous breakdown. Then I got Dr. Cassell's Tablets. The first result was that I could sleep, and then my health rapidly improved. It was really astonishing how my strength and fitness came back."  
Mr. Inman is now in England, managing the well-known firm of A. W. Inman and Son, Printers and Publishers, Leeds. Letters will reach him there.  
A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold P. Ritchie & Co. Ltd., 19, McCaul-st., Toronto.  
Dr. Cassell's Tablets are the great home remedy for Dyspepsia, Kidney Trouble, Sleeplessness, Anemia, Nervous Abnormalities, Nerve Pains, Irritation and Weakness in Children. Specimens valuable for nursing mothers and during the critical periods of life. Sold by druggists and storekeepers throughout Canada. Price: One tube, 50 cents; six tubes for the price of five. Beware of imitations said to contain hypophosphites. The composition of Dr. Cassell's Tablets is known only to the proprietors, and no imitation can ever be the same.  
Sole Proprietors: Dr. Cassell's Co., Ltd., Manchester, Eng.

**SPECIAL SALE FOR THIS WEEK ONLY**

Best Laundry Soap, 6 Bars for 25c  
Lindner's Pure Fruit Jam, 10c a Jar

**E. H. BAKER**

Cor. Montreal and Charles St.  
Phone 1263.



Our store is being thoroughly renovated, supplied with choice groceries and delicacies and equipped with latest sanitary fixtures.

**United Grocery Store Co.**  
Ben Lee, Mgr.

**Best's Spring Medicines**

April is the Month for Spring Medicines:  
Sarsaparilla Extract.  
Beef, Iron and Wine.  
Quinine Tonic.  
Sulphur and Molasses.  
Blaud's Pills.

Take your spring tonic now.

**At Best's**

The Popular Drug Store.  
Open Sundays  
Phone 59. Branch 2018

**MANY CONVICTS IN "PEN" WILL BE A LATE OPENING**

WOULD LIKE CHANCE TO FIGHT THE HUNS

Order For Their Release Would Be Gladly Received—Many Have Already Volunteered Their Services.

A despatch from Ottawa, on Tuesday, stated that a large number of men serving terms in the various penitentiaries would be allowed to go to the front, after the authorities satisfied themselves that their crimes were not such as to forbid their mingling with their fellow men.  
Some time ago, a movement was on foot to send men from the Portsmouth penitentiary, but the plans were not carried out. At that time quite a batch of men volunteered to do their "bit", and they were keenly disappointed over not getting a chance to go.  
There are a number of men serving terms for minor offences, who could very easily be allowed to go to the front. Some of them are fine specimens for recruits, and many of them had military experience, and this would be to their advantage.  
If men were chosen from the various penitentiaries, a battalion could be formed.  
Money cannot buy an ounce of love, but it can purchase tons of sympathy.

**TENDER THROATS**

readily yield to the healing influence of

**SCOTT'S EMULSION**

It soothes the inflamed membranes and makes richer blood to repair the affected tissues—to help prevent tonsillitis, coryngitis. SCOTT'S is worth insisting upon.

**SAYS ACID STOMACH CAUSES INDIGESTION**

Excess of Hydrochloric Acid Sours the Food and Forms Gases.

Undigested food delayed in the stomach decays, or rather, ferments the same as food left in the open air, says a noted authority. He also tells us that indigestion is caused by Hyper-acidity, meaning, there is an excess of hydro-chloric acid in the stomach which prevents complete digestion and starts food fermentation. Thus everything eaten sours in the stomach much like garbage sours in a can, forming acid fluids and gases which inflate the stomach like a toy balloon. Then we feel a heavy, lumpy misery in the chest, we belch up gas, we eructate sour food or have heartburn, flatulence, water-brash or nausea.  
He tells us to lay aside all digestive aids and instead get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast and drink while it is effervescing and furthermore, to continue this for a week. While relief follows the first dose, it is important to neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.  
Jad Salts is inexpensive and is made from the acid of grapes and lemon juice, combined with lithia and sodium phosphate. This harmless salts is used by thousands of people for stomach trouble with excellent results.

**LAKES WILL NOT BE CLEAR OF ICE FOR SOME DAYS YET.**

Most Provide Pure Water on the Lake Steamers According to Regulations Issued—Water for Cooking Purposes Must be Treated.

Prognostications regarding the opening of navigation show that it will be late on the St. Lawrence. The icebreakers are now at the lower end of Lake St. Peter, but the ice is unusually heavy.  
Lake Superior is expected to be open on April 25 and Lake Huron and the Georgian Bay on April 15th. The St. Clair River, Lake St. Clair, the Detroit River and the western end of Lake Erie are now open, and the east end should be open about the middle of the month.  
The Ottawa river will not be free of ice for a fortnight.  
The Marine Department has been apprised of new regulations put into force by the United States at the instance of the Health Department, which will affect international traffic, particularly on the Great Lakes.  
With the opening of navigation no lake water is to be used for cooking or drinking unless it has been subjected to treatment by an approved method.  
If the water is got ashore it must be taken from an approved source. On all vessels there must be no communication between the drinking water system and any other system on the boat.

**FOR HOME DEFENCE.**

A Canadian Defence Force Being Raised Through the Militia Units.

Two weeks ago the Department of Militia and Defence at Ottawa issued an outline of the plan which had been drawn up for the raising of a force of 60,000 men in Canada for the home defence force. Sir Edward Kemp, Minister of Militia and Defence, in sending out the memorandum, said: "It is necessary that the country should not be left without an adequate force for home defence in case of emergency."  
It is in order that the Dominion will not be found asleep that the Government has issued this call for 60,000 men. These men will be trained in military arts under the control of serious men. They will be educated in the needs of the time, and will be physically treated so that their bodies may be fit to bear up the spirit which is in all Canadians so that they may perform to the end their duties as citizens.  
The term of enlistment, training, clothing, equipment and subsistence are the same as for the overseas forces. Separation allowances are given to married men in addition to their pay, and it is hoped that of the many thousands of men in Canada who want to serve the Empire in the present struggle but cannot for some reason or other go overseas will take this opportunity of doing what they can.

**NEW MEMBERS ENTERTAINED.**

Enjoyable Event at Cooke's Church on Tuesday Evening.

The elders and managers of Cooke's Church on Tuesday evening entertained all those who had united with the church in the last year. Upwards of ninety people attended the gathering. The event was for the purpose of giving an opportunity for all to get acquainted, and it was a most enjoyable one. There was a musical programme, interspersed with addresses by representatives of the various church organizations. Those who contributed to the musical programme were: Mrs. Macpherson, Miss Walker, Miss Jean Douglas, Mrs. McGillivray, and Messrs. Rupert Claxton, Bert Couper, Pound, and Leitch.

**French-Canadian Dance.**

A successful dance was held in the City Hall on Tuesday evening by the French-Canadian Society. There were some 125 couples present, who danced to music by Macaulay's orchestra.

**Told In Twilight**

The Nurses Alumnae Association and the Chapter of Nurses gave a delightful tea in the nurses' residence of the General Hospital on Tuesday afternoon in honor of Nursing Sisters Gussie Wright and Florence Roadhouse, who are leaving very soon on overseas service. Other nursing sisters in the city, who are also going overseas, were guests. Musical numbers were rendered by Misses Nesbitt and Taft.  
Miss Harriet Chapman, Queen street, is visiting friends in Ottawa.  
Mrs. L. W. Mulloy is the guest of Mrs. G. H. Williamson, Brock street.  
Mrs. Hudspeth, Gananook, is staying with her father, Dean Evans, in Montreal.  
Mrs. Arthur Evans, Miss Marjorie and Master John Evans, Kingston, are visiting Mrs. Nash, Montreal.  
Mrs. E. J. F. Williams, Brockville, is visiting her parents, Colonel and Mrs. Spooner, Frontenac street.  
Mrs. S. Roughton and daughter, Kingston, spent the Easter holidays with S. Burrows, Belleville.  
Prof. Cecil Lavell is in the city visiting his mother and sister at "Sunnyside".  
Mrs. Bentley and her daughter, Mrs. Bennett, Marmora, are guests of Mrs. T. S. Scott, Wellington street.  
Mrs. Gordon, matron of one of the military hospitals at Kingston, is spending a short time with her parents, Capt. and Mrs. Maxwell Graham, Ottawa.  
Mrs. W. T. Miller and son, Mack, left on Monday for Winnipeg after visiting Mr. and Mrs. John Macdonald, University avenue, for some time.  
Miss Erma Solmes, Nanapan, is spending a week with friends in Kingston.  
Miss Jean Heath, of Kingston Business College, is spending the Easter holidays under the parental roof at Tweed.  
Miss E. McDermott, Westport, is spending the holidays at her home in Kingston.  
Mrs. J. M. George, Renfrew, is spending the Easter holidays in Kingston with her son Ernest, attending Queen's Medical College.  
Miss Dolly Morrison, Toronto, spent the Easteride with her mother on Clergy street.  
Sir John and Lady Gibson have returned to Hamilton from a short stay in the south.  
J. L. Joyce has returned to Brockville after spending Easter with his parents, Mr. and Mrs. E. Joyce, Wellington street.  
Mrs. E. W. Lechance, Montreal street, is visiting her parents, Mr. and Mrs. Z. Prevost, Earl street.

**CROSS, FEVERISH CHILD IS BILIOUS OR CONSTIPATED**

Look, Mother! If Tongue is Coated Give "California Syrup of Figs."

Every mother realizes, after giving her children "California Syrup of Figs," that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.  
When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels and you have a well, playful child again. When the little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleansing" should always be the first treatment given.  
Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask your druggist for a 50-cent bottle of "California Syrup of Figs" which has directions for babies, children of all ages and grown-ups printed on the bottle. Beware of counterfeits sold here, so don't be fooled. Get the genuine, made by "California Fig Syrup Company."  
Toronto yesterday, after spending the Easter holidays with her parents, Mr. and Mrs. T. Beale, Wellington street.  
Miss May Millan, Earl street, is visiting in Cornwall, the guest of Miss Dorothea McIntosh.  
Mr. and Mrs. James Wright and little Miss Hilda have returned after spending the holidays with Mr. and Mrs. F. L. Shannon, Ottawa.  
(Continued on page 10.)

**Dismantling Big Mill.**

Deseronto, April 11.—Messrs. Tope and Dime, Belleville, have purchased the fittings and equipment of the Big Mill and have been for the last two weeks busily engaged with a gang of men tearing out the scrap iron and timber. Time was when the Big Mill was the busiest place in town; that's some twelve or more years ago. Many of the older residents will remember when the Big Mill whistle called them to their duty. Of the many large sawmills once located here, there is none left to tell of Deseronto's busy times. Rumor has it that, should the Imperial Government establish a flying school here the mill would be used as a repair shop.

**RHEUMATISM CONQUERED**

"I have been for the last ten years a cripple with Muscular and Inflammatory Rheumatism. I tried almost everything known to medical science to relieve me of the intense pain and inflammation. I sought change of climate in Kentucky and other Southern points with no relief. Your manager in this city recommended GIN DILLS, and I have since taken eight boxes and am now cured. I consider

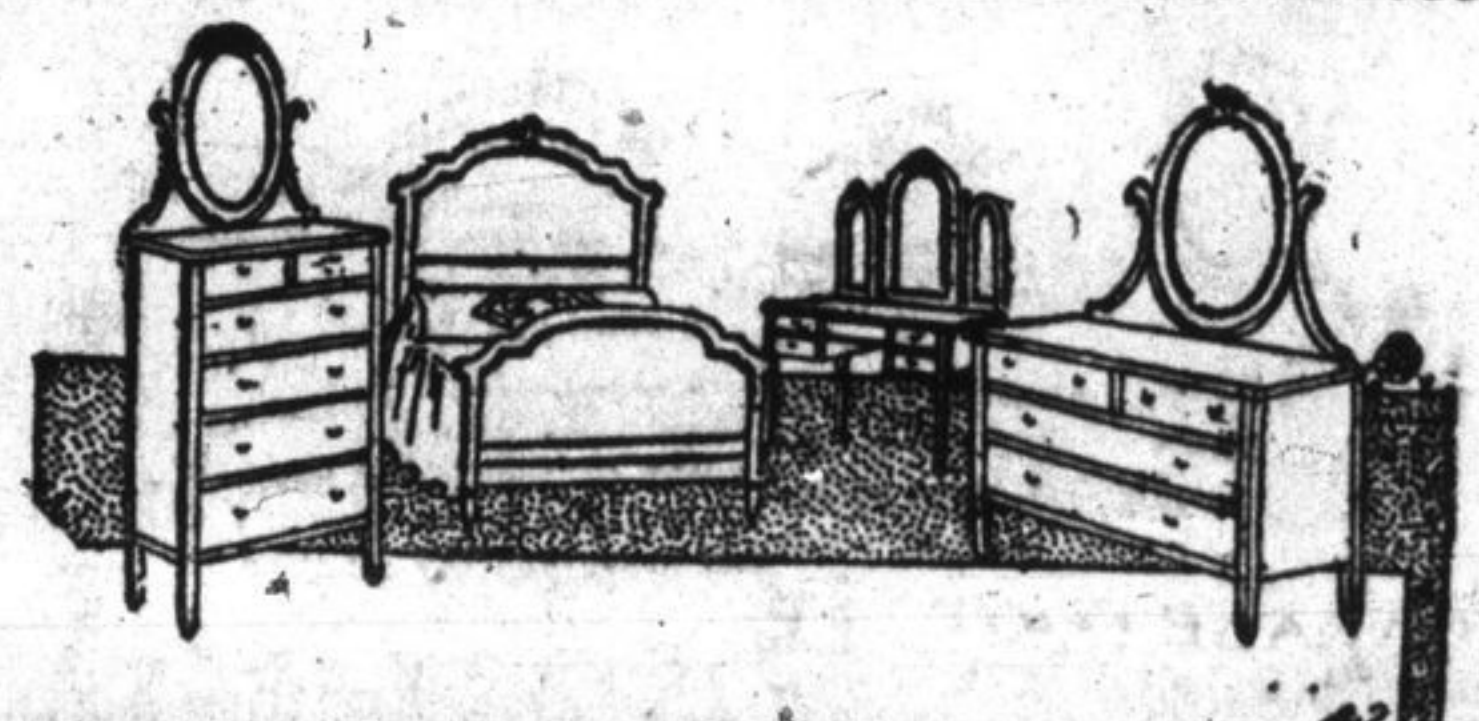
Probs: Thursday, milder, light local rain.



A distinctive showing of the latest New York novelties in a bewildering assortment of colors and designs. Below we enumerate a few of the smartest materials—but to describe them would be to attempt the impossible. Won't you come and look them over; there's no obligation whatsoever and it will give us a great deal of pleasure to show you the range.

**NEW STRIPE VOILE, SAN TOY SUESSENE, PALM BEACH CLOTH, DIMITY, COTTON CORDUROY, MERCER LINEN, ETC., ETC.**  
NEW CHECKED VOILE, SPORTS BASKET SUITING, NOVELTY VOILE, MUSLIN, FANCY ORGANDIES, REPPS and PIQUE,  
ETC., ETC.  
Priced from 25c on up to \$1.50 a yard.

**STEACY'S - Limited**



**SOMETHING NEW IN BEDROOM AND DINING ROOM FURNITURE**

Two years ago we bought an immense stock of rugs and linoleums. These are being sold today in a great many cases less than we could buy them for.  
In selecting your spring furnishings you will find it to your advantage to deal with us.  
Our list of customers is constantly growing.

There's a Reason.  
**T. F. HARRISON COMPANY Limited.**  
Phone 90.

**CROWN LIFE**

Be up-to-date. Protect your business, as well as your family's interest, today, by taking out a Business Protection Policy in the Crown Life.

For the sake of those dependent on you take out this Policy today. You will never regret it.  
**CROWN LIFE INSURANCE CO., TORONTO**  
Agents wanted in unrepresented districts

**Pinch Back Overcoats**

\$14.00 to \$18.00  
Plain Grey Chesterfield Overcoats \$12.00 to \$26.00  
New Raincoats and Spring Overcoat Combined, \$15.00.  
Large Stock of Indigo Blue and Pattern Worsteds Suitings at moderate prices.

**JOHN TWEDDELL**  
Civil and Military Tailor 131 Princess St.

**MEN'S HIGH GRADE BOOTS FOR SPRING, 1917.**

Our Prices Are Right.  
**JACK JOHNSTON'S SHOE STORE.**  
70 Brock Street.  
Prices: \$6.00, \$5.50, \$5.00, \$4.50

**GIVE!**  
To those half starved little ones amid their ruined homes.

What is 7 cents a day to you? By paying this you may save a Belgian Baby from death.

Send your name and your money to the  
**BELGIAN RELIEF FUND**  
59 ST. PETER ST., MONTREAL.