

TROUBLED WITH CONSTIPATION FROM 16 TO 20.

Constipation is one of the commonest ills of mankind, and one too often allowed to go unlooked after until some serious complication sets in.

If the bowels are properly looked after there will be no constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, etc.

Milburn's Laxa-Liver Pills will keep your bowels so regulated that in no time the constipation will disappear entirely.

Miss Emma E. Melanson, Halifax, N.S., writes: "I am now 20 years of age, and since I was 15 I have been greatly troubled with constipation, so much so that at times I would be in bed three or four days a month. I tried all the old-fashioned remedies, castor oil, cascara, etc., with only temporary relief until my sister-in-law gave me some of Milburn's Laxa-Liver Pills. From the first they seemed beneficial and I gave them a fair trial. This was two years ago, and with an occasional dose I have kept entirely free from constipation for the period mentioned."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

A New Shade. There is a lovely new shade in velling which will interest the women. It is called "snow gray," which is a much prettier expression than "city snow," which is nearer the truth, one must admit. And speaking of color, there is a beautiful shade to combine with African brown to give it life, and that is jade or any of the lovely new blue greens or green blues, which ever one chooses to regard them.

Sometimes it is easier to apologize for what you did not do than for what you did wrong.

BEST'S SEASON-ABLE SPECIALS. Dr. Hickey's Speedy Cure for colds and bronchitis is easily a leader in this field. The quality has been maintained and the price the same, 25 cts. Mentholated Balm always makes a ready sale for burns or frost bites, and is splendid for rough or cracked hands. Large packages for 25 cents. Chills Cure is again demanded. It is wonderfully effective and is inexpensive, 25 cents. Short Stop cures all coughs, always and costs but fifteen cents. The same old reliable at the same old price.

Best's Popular Drug Stores. Branch 2015. Phone 59.

For the Boys at the Front. CHOCOLATTA. "The Delicious Chocolate" Contains the Chocolate, Milk and Sugar. Prepared Instantly by Adding Boiling Water Only. No Cooking or Milk Required. For Sale By D. Couper, Phone 74. 241-3 Princess St.

Have You Tried Oleomargarine Yet? If not, we carry the best grade, along with a full stock of choice groceries, at Thompson's Grocery 204 Princess St., Phone 257.

KEELEY JR., M.O.D.O.

Those people (and they are many) who dread the ordeal of an eye examination are agreeably astonished to find that, as made by us, it causes no pain, discomfort, or inconvenience.

And We Use No Drugs. Keeley Jr., M.O.D.O. 226 Princess Street

GERMAN MUSIC IN THE DISCARD

Karl Muck of Boston Caused Storm to Break.

EFFECTS ARE FAR-REACHING

Americans Find That It Is Impossible to Be Patient and Tolerant with the Teutons Because of Their Arrogance and Their High-Handed Dealings with the Belgian People.

WHEN the war broke out, a great many neutral writers expressed wonderment at the strong feeling against German music and musicians that immediately made itself evident. More than one critic in the United States urged that art and artists possess no nationality. The writers in Canada and England replied that such was the case up to a certain point. They said that it was all very well to be tolerant, but the German composers of the present day breathed the spirit of the nation. Their works seemed to British people, especially when highly strung by the anxieties of war, to be stained with the blood of Belgium. As for



DR. KARL MUCK

The German musicians, they showed an arrogance that made them impossible wherever they were found. In Canada a spirit of patience and British fair play has been exhibited in dealing with Teutonic musicians living in our midst, and we have only been severe where the Teutons invited attention by their acts or conversation.

It will interest the people of Canada to note that the men and women of the United States have discovered that human beings possessing red blood cannot be at war with a nation and yet show tolerance towards the things that remind them of the nation. When war was declared by the United States against Germany last April, there was no sign that the Americans would place a ban upon German musicians and music. It was the high-handed Teutons that forced the action of the people who guide the musical destiny of the Republic. Karl Muck, the conductor of the Boston Symphony Orchestra, started the trouble when he refused to play "The Star Spangled Banner." This famous conductor allowed his hatreds and prejudices to get the better of him, and he acted in a thoroughly German manner. He tried to excuse himself after the storm burst by saying that the American national air was not worthy of a place on a program with classic German music, but that only made matters worse. While the controversy was raging in Boston, the directors of the Metropolitan Opera House, the greatest operatic centre on the continent, were discussing the advisability of dropping German music from their repertoire. The trouble in Boston forced their hand, and Wagner and others went into the discard. Then they got a sample of German arrogance. The Hun singers, who had been retained for nine months after the outbreak of the war when the Americans would have been within their rights in interning them, sued for their salaries. These two incidents started a general house-cleaning in American musical circles. The Germans were dismissed from the orchestras and similar organizations, and one

Many Decorations. Seven thousand decorations have been conferred to date on members of the Canadian expeditionary forces for valor in the field and for outstanding war services. Seven officers and twelve men have gained the coveted Victoria Cross; 35 officers have received the Distinguished Service Order; six have gained the bar to the Distinguished Service Order, and 105 Canadian nurses have received the Royal Red Cross. There have been one K.C.B., 16 C.B.'s, and 3 K.C.M.G.'s bestowed on Canadians. One thousand and ten officers and 26 of other ranks have been decorated with the Military Cross. One hundred and eighty-eight foreign medals have been awarded to Canadians, 64 to officers and 124 to men. Men in the ranks have been rewarded with 375 Distinguished Conduct Medals, and six received bars to the D.C.M. Four thousand three hundred and twenty-four have received the Military Medal, 125 received bars to the Military Medal, and three received the second bar. Sixty-three have earned the Meritorious Service Medal.

They Were a Benefit To the Whole Family

WHAT MRS. H. K. HEWER SAYS OF DODD'S KIDNEY PILLS.

They Greatly Benefited Herself and Her Little Girl and Her Husband Says They Are the Best Medicine He Ever Took. Rossington, Alta., Feb. 8.—(Special.)—Further evidence that Dodd's Pills have no equal as a family medicine is furnished by Mrs. H. K. Hewer, wife of a well-known settler living near here. Mrs. Hewer, her husband and her little girl, were all suffering from sore back and kidney troubles. Dodd's Kidney Pills proved to be the remedy they all needed. "My husband says Dodd's Kidney Pills have done him more good than any other medicine he has ever used," Mrs. Hewer states. "I, myself, was suffering greatly with my kidneys and I feel ever so much better since using Dodd's Kidney Pills. My little girl, eleven years old, was also suffering from sore back, and I gave them to her with splendid results. Dodd's Kidney Pills cure kidney trouble. They are no cure-all, but they do cure sick kidneys, no matter where they are found, or how long standing the case is. Ask your neighbors about them."

Told In Twilight

A Bold Promise.

In these boreal days of snow and excessively low temperatures, in the temperate zones, it is cheering to think of a certain shabby little frame house that stands in Arizona, near the Mexican border. It is a low-roofed bungalow-shaped affair, a boarding house masquerading under the proud name of "hotel." It blinks at the adobe world around it through broken windows, and it bears a significant sign warped into curves by the desiccating desert heat: "Free board and lodging every day in the year that the sun doesn't shine!" The good cheer comes with the fact that, for five years, the landlord never lost a cent in the bold promise of the signboard.

RRUTAL HUN PIRATES.

Often Wait Until Night to Torpedo Their Prey.

Queenstown became the headquarters for refugees from sunken ships. Its streets, already picturesque with soldiers, sailors and Irish peasantry, took on a new interest from the groups of half-clad submarine victims. In a single day, between midnight and midnight, the crews of no less than six different vessels were landed.

Thus it came about that as American consul there during the first three years of war, I collected at first hand much of the evidence on which America has entered the war, and reduced it to the form of permanent legal record. My witnesses were American sailors, business men and women who came to the consulate straight from the sea at all hours of the day and night with the cries of their dead comrades still ringing in their ears; and their statements were checked up privately against one another; and also against the depositions of the surviving officers, taken by permission of the British Government.

The Germans may say sneeringly that war is not cricket or ping-pong; but I retort that submarining is not even football or pugilism. No game has been invented that its standards have not been eventually adopted by the submariners. Business is a rough game, and doubtless the Germans will justify foul play either by employers or by strikers on that basis; but I say that because any game is a rough game is no reason that it should be a dirty game.

In only one of my cases did the Germans tow lifeboats toward land. His was the case of a Scandinavian captain who professed pro-German sentiments. The submarine did patently tow his boats for an hour or two and then they submerged without warning, so that only the captain's presence of mind in whipping out his knife and cutting the painter, saved his boats from being drawn down into the depths.

A frequent practice of the Prussian U-boats is intentionally to follow a ship until dusk before torpedoing it, although since no warning is given in any event, the act could have been perpetrated with perfect safety during the day time. These twilight cases occur with such frequency as to force the conclusion that it is a settled part of the German policy to accentuate the fearfulness of their attack by making it under the cloak of the night, when the victims have the least opportunity to save their lives.

The facts that I have related simply mean that the inhuman Prussian policy of schrecklichkeit, abandoned in Flanders at the shudder of protest from a nauseated world, is still in rank and poisonous bloom on the lonely waters of the sea, where the principal witness is the silent but unforgetting heaven above.

The allied flags are still streaming at the moment over those horrid sick waters.—By Wesley Frost, former American consul in Queenstown, Ireland.

Told In Twilight

A Bold Promise.

J. Mrs. R. S. Waldron, Mrs. H. F. Moores, Mrs. H. D. Bibby, Mrs. Ashby, Mrs. W. W. Gibson, Mrs. Elmer Davis and Miss Ada Birch are leaving for Toronto on Monday to play in the bonspiel next week. Miss Lettice Tandy, who is at present in Toronto with Mrs. R. F. Segsworth, will also be one of the players.

There was a jolly skating party on Thursday evening, the guests afterwards having supper at the home of Mrs. John McKay, Sydenham street.

Miss Jean Young, Union street, entertained informally at the tea hour on Wednesday in honor of Miss Mary Stuart.

Mrs. J. M. Hughes, University Avenue, entertained at bridge on Tuesday last.

Mrs. Boyd entertained informally at bridge on Friday afternoon.

Pte. and Mrs. Dickinson have left Ottawa on a short honeymoon. They will reside in Kingston, where the groom is on the staff of Lieut.-Col. H. J. Gardiner, A.D.M.S.

Cadet John Stethem, is in Ottawa from the Royal Military College, the guest of his sister, Mrs. T. Bellby.

Sir George Foster is resting at his home in Ottawa and will not likely take up active work before the opening of the session.

Hon. T. W. McGarry and Mrs. McGarry have taken a suite of rooms, for the season, at the Queen's Hotel, Toronto.

Major Mills and his bride (former-Miss Smithers, of Montreal) are expected in Ottawa very shortly to reside and have taken an apartment at the Aylmer.

Lieut.-Col. Alexander McPhail, appointed chief engineer of the Canadian division in England, has taken a house near Oxford, and Mrs. McPhail and their young son have settled there with him.

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Miss Edith Massie, Toronto, will come to Kingston next week to spend a month with her many friends.

Principal and Mrs. Bruce Taylor left to-day for Toronto.

Miss Quinlan, who has been visiting Mrs. McGrail, William street, returned to her home in Barrie to-day. Mrs. McGrail entertained informally at the tea hour in her honor on Thursday.

Miss Jennie Phillips, Johnson street, is leaving on Monday for Toronto.

Major J. O'Connor has been in town from Ottawa for a few days.

Miss Edith Morrison, who is visiting her sister, Mrs. E. A. Stone, Earl Street, is leaving for Toronto next week.

Mrs. David Murray, Frontenac street, is leaving on Monday to spend a few days in Toronto with Miss Lillie Murray.

Miss Frances Sullivan asked a few friends to tea this week to meet her guest, Miss Kathleen Browne, Brockville.

Mrs. Francis Botterell left for Montreal on Wednesday.

Mr. and Mrs. Fred Mahood, Brock street, are spending a few days in Toronto.

H. F. Moore, Barrie street, returned from London on Friday.

Mr. and Mrs. Jack Craig were among the guests at the Skating Club at Government House this week.

Q.M.S. W. Small and Mrs. Small left on Friday for Orillia.

Miss Ethel Wier and Miss Helena Williams are leaving on Monday for Toronto.

Miss Florence Richmond returned to Clifton Springs on Monday after spending the past few weeks with her mother, Mrs. Richmond, Union street.

Mrs. H. T. J. Coleman, Roselawn, is leaving on Monday for a short visit in Toronto.

Mrs. Clive Betts, Calgary, is expected in town shortly with Mrs. H. A. Betts. About Alexander Gordon and Miss Wilhelmine Gordon are going to Toronto on Monday and will be the guests of Mr. and Mrs. W. Gordon.

Mrs. E. A. Stone, Earl street, will go up to Toronto with the curlers on Monday.

Miss Orma Knight, Kapanec, is spending this week with her aunt, Mrs. W. H. Scott, Kingston.

F. W. Coates, Princess street, spent the week-end with Mr. and Mrs. J. B. Blanchard, Napawan, who were celebrating their sixtieth wedding anniversary.

Mrs. E. H. Hurd, Kingston, is the guest of her son-in-law, Fred Miller, Brockville.

Lieut. George Gillie, Royal Flying Corps, returned to Canada on a furlough from England. He is visiting the world over.

Keep this perfect stomach doctor in your home—keep it handy—get a large fifty-cent case from any drug store, and then if anyone should eat something which doesn't agree with them; if what they eat lays like lead, causes headache, dizziness and nausea; eruptions of acid and undigested food—remember as soon as Pape's Diapepsin comes in contact with the stomach, all such distress vanishes. It's promptness, certainty and ease in overcoming the worst stomach disorders is a revelation to those who try it.

You don't want a slow remedy when your stomach is bad—or an uncertain one—or a harmful one—your stomach is too valuable; you must not injure it with drastic drugs. Pape's Diapepsin is noted for its speed in giving relief; it's harmless; it's certain unflinching action in regulating sick, sour, gassy stomachs. It's millions of cures in indigestion, dyspepsia, gastritis and other stomach trouble has made it famous!

Time It! In Five Minutes Your Upset Stomach Will Feel Fine.

STOMACH RELIEF! NO INDIGESTION, GAS, SOURNESS—PAPE'S DIAPEPSIN

Probs: Sunday fair, maybe a little milder.

This Store Remains Closed Until Tuesday Morning. In an effort to aid in the local coal conservation we will open each morning at nine o'clock and close at five p.m. daily, except Saturdays, during February. We would ask the kind co-operation of the shopping public; by shopping when possible in the morning. Steacy's - Limited

SAVE YOUR HAIR AND BEAUTIFY IT WITH "DANDERINE"

Spend a Few Cents! Dandruff Disappears and Hair Stops Coming Out. Try This! Hair Gets Beautiful, Wavy, and Thick in Few Moments. If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots fashish, loosen and die; then the hair falls out fast. If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a small bottle of Knowlton's Danderine at any drug store or toilet counter for a few cents; apply a little as directed, and ten minutes after you will say this was the best investment you ever made. We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?—ing his uncle, James Gillie, 101 Clerly street west.

OVERCOATS Large Stock to Choose From. \$15 to \$28 JOHN TWEDDELL. Civil & Military Tailor, 121 Princess St., One Door Below Headlight.

HIGH GRADE GOODYEAR WELT SHOES FOR MEN See our special leather lined box calf double soled waterproof Blucher \$7.00 for OPEN FRIDAY TILL 9.30 P.M.

Jack Johnston's Shoe Store 70 Brock Street.

Y.M.C.A. Mothers' Council. "The Mothers' Council" of the boys' division of the Y.M.C.A. met Friday afternoon with the president, Mrs. G. A. Bateman, presiding. S. T. Lilley reported that the boys' division has been used by a greater number than in any other month in the year. A pleasing solo was given by Mrs. Good. The Council decided to have a number of teas at the members' homes to raise money for the boys' division. Little Girl's Coat. It is a pretty idea to make the little girl's coat with a cape and line the cape with a bright lining. If the coat is of plain material a checked material will make the prettiest lining. Jellicoe says he expects the submarine menace will be ended about August next. Canada's first heatless day is being generally observed at all points.