

Tired, Nervous Housewife Took Vinol

Now She is Strong and Well
Berkeley, Cal.—I was nervous, irritable, no appetite, could not sleep, and was always tired, so my housework was a great effort.

TELLS DYSPEPTICS WHAT TO EAT

Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas on Stomach, Etc.
Indigestion and practically all forms of stomach trouble, say medical authorities, are due nine times out of ten to an excess of hydrochloric acid in the stomach.

Salts in Hot Water Clears Pimply Skin

Says we must make kidneys clean the blood, and pimples disappear.
Pimples, sores and boils usually result from toxins, poisons and impurities which are generated in the bowels and then absorbed into the blood through the very ducts which should absorb only nourishment to sustain the body.

BEST'S SEASONABLE 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. Mouthwash Balm always finds a ready sale for burns or frost-bites, and is splendid for rough or cracked hands. Large packages for 25 cents. Chillsin Cure is again demanded. It is wonderfully effective and is inexpensive, 25 cts. Short Stop cures all coughs, always and costs but fifteen cents. The same old reliable at the same old price.

AT ONCE! PAPE'S DIAPEPSIN STOPS INDIGESTION, GAS, SOUR STOMACH

Don't Suffer! Here's the Quickest and Surest Stomach Relief Known.
Time it! In a few minutes all stomach distress gone. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.
Pape's Diapepsin is noted for its speed in regaining upset stomachs. It is the surest, quickest stomach doctor in the whole world, and besides, it is harmless.
Millions of men and women now eat their favorite foods without fear

A NEW CIVIL SERVICE ACT

Will Embody the Government's Proposals For Radical Reform.

MERIT SYSTEM DECIDED ON

TRANSFERS FROM OUTSIDE TO INSIDE SERVICE

No More Loopholes By Means of Which Persons Have Been Appointed to the Inside Service.

Ottawa, Feb. 13.—Although prevented by legal difficulties and questions of organization from making the Civil Service Act immediately applicable in its entirety to the whole of the outside service, as it is to the staffs of the departments in Ottawa, the Dominion Government has taken a long step along the road of civil service reform by regulations it has just enacted. Those regulations, which are to govern all branches of the public service except railways owned and operated or controlled by the Government, and ships of his Majesty, provide that appointments of officers, clerks and employees to the outside service shall henceforth be made by the Civil Service Commission upon the basis of the results of competitive examinations, and that promotions shall be made according to merit upon the recommendations of deputy heads of departments and the Civil Service Commission.

Where it is not possible to observe this in respect of appointments, the Civil Service Commission is to prescribe the manner in which appointments are to be made.
No More Loopholes.
The regulations further deal with several provisions of the Civil Service Act, which in the past have served as loopholes by means of which persons have been appointed to the inside service without reference to the Civil Service Commission. The first of these permitted appointments to positions requiring professional or technical qualifications by order-in-council and merely required the appointee subsequently to secure a certificate of approval from the Civil Service Commission. In future that body will be called upon to decide whether a position is such as to require a person having professional or technical qualifications.

In the second place the commission will be empowered, by certificate, to authorize transfers of employees from the outside to the inside service. In order to carry out the pledge of the Government that duly qualified returned soldiers would be given the preference when positions were to be filled an order has been passed, under the War Measures Act, providing that such men who pass the prescribed examinations shall be placed in the order of merit at the head of the lists from which appointees to offices are to be selected.

A FATALITY AT NAPANEE

ALLAN WAGAR FELL OFF ROOF AND WAS KILLED.

He Was Shovelling Ice and Snow—Seventy-three Years of Age—Wife and Daughter Survive.

(From Our Own Correspondent.)
Napanee, Feb. 13.—A sad fatality occurred yesterday morning about nine o'clock when Allan Wagar, John street, fell from the roof where he was shovelling snow to the street below and was killed almost instantly. Deceased had been on his roof the day previous and cleared one side of the snow and ice and would have finished in a short time.

Kaiser To Take the Cure.

London, Feb. 13.—Emperor William's personal headquarters are to be transferred to Spa, the Belgian watering place near the Prussian frontier, according to statements in the German press, says the Exchange Telegraph correspondent at Amsterdam. The Emperor expects to take the cure there for a short time, it is said.

A convention of representatives of eight western Ontario cities and towns was urged by Conservation Commission officials to store up wood for next year.

HAPPIEST MAN IN CANADA, HE SAYS

"It's All Because of What Tanlac Did For Me," States Ward.

"I believe I am the happiest man in all Canada to-day and I want to tell the public it's all because of what this Tanlac has done for me," said Henry Ward, who resides at 20 Bantava avenue, Toronto, and is employed by the Swift Canadian Company. "Sometime," continued Mr. Ward, "when I stooped over a pen would catch me in the small of my back and I could hardly straighten up again. My kidneys were all out of order and I was so stiff that I couldn't get any rest at night. My stomach was so out-of-fix that I couldn't eat like other people and for fifteen years I have simply suffered torture. Many a morning my back hurt me so bad and was so stiff that I couldn't raise my head and I would actually have to roll out of bed. I have gone to work hurting so bad that I could hardly drag along and felt that I would be compelled to go back home. I have had to quit work many times on account of my condition, and last spring I got in such a bad shape I had to stop off for a week, and I can't describe my suffering. Then my legs became affected with something like rheumatism and there were sharp, cramping pains going through my muscles they made my legs feel like they were being crushed. Many a night I have had to crawl out of bed, walk the floor and rub to get relief from those awful cramps, and I just tell you I was in misery nearly all the time. "This is just the way I was in for fifteen years and while I doctored and tried nearly every kind of medicine recommended for such troubles, nothing did me any good until I began taking Tanlac. Others said so much about Tanlac helping them that I thought I might as well try it. So I did, and when I found it was doing me good I kept on taking it. I have taken six bottles now and I can say it and tell the truth, I am feeling better than I have in fifteen years. I am simply getting along fine and have gained five pounds in weight, which I think is wonderful for one of my age, as I am sixty-four. I haven't been bothered with my stomach and kidneys since I took my first bottle of Tanlac and I believe these troubles are gone for good. All signs of the rheumatism have left me too. I'm not constipated any more and I feel stronger and more vigorous than I have in many years. I'm certainly a happy over my wonderful relief, and I think it nothing but right that I should tell about it for the benefit of others."
Tanlac is sold in Kingston by A. P. Chown, and in Plevna by Gilbert Ostler.

NO INCREASE FOR FIREMEN

CIVIC COMMITTEE REFUSES PETITION FOR MORE WAGES.

Discuss With a Company Representative the Apparatus Necessary to Motorize the Fire Department.

At a meeting of the civic fire and light committee on Tuesday afternoon there was a lengthy discussion on the proposal of the committee to motorize the fire department. E. Thomas, representing the American La France Fire Engine Company of Canada, was present and explained all about fire motor equipment. The by-law which the committee has prepared provides for an increase of \$22,000, which amount will fully cover the needs of the local department. The committee proposes to show that as a result of motorizing the department the City Council will save about \$1,800 per year.

After looking into the wages paid the firemen in other places about Kingston's size, the committee decided not to grant the petition of the members of the local brigade for an increase of fifteen per cent. The members were of opinion that the wages paid here compare favorably with those paid in other places.

In Kingston the fire chief receives \$1,500; captains, \$949; first year men, \$784.75; second year, \$829.50.

In Brantford, with a population of 27,000, the chief receives \$1,800; captains, \$1,222.75; first year men, \$940; second year men, \$1,040.

In Peterborough, with a population of \$22,000, pays the chief \$1,400; captains, \$1,050; first year, \$900; second, \$1,000.

In Guelph, with a population of 15,000, the chief is paid \$1,300; captains, \$925; first year, \$750; second year, \$800; third year, \$850.

Stevenson & Hunter were given the contract of applying six tarpaulins to the fire department.

In attendance were Alds Litton (chairman), Chown, Anglin, Hewitt and Millan.

The American International Shipbuilding Corporation notified the U. S. Senate on Tuesday that it expected to lay fifty keels during February and March.

The bakers of Canada will require licenses, and their products are standardized, according to order of the Food Controller.

Sordid German View.
The Hague, Feb. 13.—The annexationist Deutsche Volks Zeitung commenting on the report that American troops have taken over part of the front in Lorraine, remarks that under the ground where they are now fighting lies the reason for their presence, namely, the deposits of potash, of which America aims to have a portion at the close of the war.

Cause of Fatigue.
"Fatigue is caused by the intensity and frequency of repetition of muscular acts," said Dr. F. S. Lee of Columbia University, in an address on "The Effects of Over-work." Modern labor-saving machinery has, no doubt, increased the intensity of the muscular acts. A workman at a machine is no longer required to lift heavy weights for the machine does it. But the labor-saving has made the frequency of repetition of muscular acts greater—the worker makes quicker and more movements.

Told In Twilight

(Notice—Hereafter, the Whig, in common with other papers all over Canada, will make a charge of 50c for inserting an engagement, marriage or reception announcement.)

A most enjoyable time was spent on Tuesday evening at the home of Mr. and Mrs. Garnet Saunders, Albert street, when a number of friends were invited to a birthday party in honor of their daughter, Miss Gladys. The evening was spent with games and dancing. About thirty guests were present. Refreshments were served at a quartette table centred with red and white roses.

The IA. Form of the Collegiate Institute was to have held a sleighing party last night, but owing to the rain the event had to be cancelled. Mr. and Mrs. Inman, Albert street, threw their home open to the pupils who enjoyed themselves playing games, with Master Herbert Inman as host.

Mrs. Stanley Harrison and Mrs. Frederick C. Casselman, 42 O'Kill street, will receive on Saturday, February 16th.

Cecilia King and Mrs. Cecil King (Miss Phyllis Nelson-Terry), were guests at the Belvidere during their stay in town.

Dr. and Mrs. Carmichael arrived from England this week and are the guests of Mrs. McMahon, Sydenham street.

Miss Almon of St. Catharines, is the guest of the Rev. J. O. and Mrs. Crisp, Portsmouth.

Mrs. Bleakney and Miss Bleakney, who came up from Ottawa for the Bleakney-Stuart wedding, returned home on Saturday.

Several delightful supper parties were given on Monday evening after the performance of "Maggie."

Mrs. E. J. B. Fensé, West street, left on Monday for Montreal, to be the guest of Mrs. Maitland Hannaford.

Mrs. Frank Day, Union street, will be hostess at the Thursday evening Bridge Club this week.

Miss Kathleen Saunders, Alice street, who has been visiting relatives in Toronto and Hamilton, returned home to-day.

Mrs. A. Strachan, King street, is spending a few days in Ottawa with her sister, Mrs. T. B. Caldwell.

Mrs. Holton, of Belleville, who has been the guest of Mrs. M. Wilson, Barrie street, returned to her home on Monday.

Mrs. Hilyard Robertson and little daughter of Regina, are the guests of Mrs. George Robertson, Sydenham street.

Mrs. Trousdale of Sydenham, spent the weekend with Captain and Mrs. A. C. Trousdale, Earl street.

Major and Mrs. D. E. Mundell, Brock street, are spending a few days in Toronto.

Kenneth Johnston of Queen's, spent the week-end at his home in Gananoque.

Lieut. Frederick and Geoffrey Hale, sons of Major and Mrs. Russell Hale, formerly of Kingston, who are at present on leave, are the guests of their grandparents, Dr. and Mrs. Montzambert.

Mr. and Mrs. Hughes of New York and Miss Phyllis Ralph, London, England, who played with Miss Phyllis Nelson-Terry, were guests at the Belvidere.

Mrs. A. S. Brooks, Earl street, was hostess at an informal Valentine dance on Tuesday evening in honor of his guest, Miss Prime.

Miss Edna Johnston, Brock street, spent the week-end visiting friends at Napanee.

Miss A. O'Gorman, Montreal street, has returned from a visit in Napanee and Deseronto.

Miss Hendrie, looking very charming in black tulle over silver tulle, with a blue sash and hand to match in her hair, and wearing a pearl necklace, was present at the Canadian Aviation club dance, which took place in Toronto.

Mrs. Richard Goodwin, Kemptville, the guest of her sister and brother-in-law, Mrs. and Mr. C. H. Brundiee, Windsor, during the last six weeks, has left for Toronto. She will visit her brother, Rev. C. E. de Pencier, Oshawa, before returning home.

Pte. Vernon Dredge, of the Eastern Ontario Regiment, Kingston, went to Peterboro to play the part of Helldorus in "A Green Slave."

Mrs. Mary Simpson, Toronto, announces the engagement of her only daughter, Helen Jessie, to Sergeant Major Jas. A. Atkins, of the 2nd Battalion, only son of Mr. and Mrs. A. Atkins, of Kingston, Ont. The marriage is to take place February 14th. (Continued on Page 10.)

Special Announcement Tomorrow
Watch this space for the announcement of an extraordinary sale — this sale should prove the greatest of its kind ever staged in Kingston — Sale starts Friday at 9 a.m. — details tomorrow evening.
Shop in the Morning and Save 10%
As an incentive for early shopping we offer for tomorrow from 9 to 12 o'clock, Double Discount Stamps.
Store Hours — 9 a.m. to 5 p.m., Saturday excepted.
Steacy's - Limited

OLDEST RACES IN AMERICA.
Cheved Gum When First White Men Came Overseas.
Chicle, a gum produced by refining the milky juice of the Zobate tree found chiefly in Mexico, is the basis of all chewing gum. Thomas Adams, founder of the firm of Adams & Sons, of New York, whose successors are the Canadian Chewing Gum Company, Ltd., was the first man to introduce chicle into chewing gum. The company is the maker of Adams Chiclets and Adams Black Jack gum.
The oldest races in America chewed the raw chicle. It was known to the Indians of Mexico and the Spanish invaders soon discovered its use from the Indians. They never refined it, however, or turned it to any commercial use. Up to 1866 it was regarded as a rubber of a curious type. But chicle belongs to the "familia Sapotacea," and men who claim to know declare it is made from the sap of the Zobote tree. But it is made from a milky juice, more of the nature of a secretion of latex than a sap.
When the latex is boiled until the gum reaches the consistency of fresh taffy candy, the milk disappears. A test of its disappearance is to drop some into cold water and after it has hardened to break it. If the break shows a perfect brown unimixed with white flakes or streaks the gum is done and is ready to be moulded for shipment.
The wood of the tree is of little use by the natives except as rafters for their houses. They call it "the wood of eternal life." It is very hard and has a perfectly straight grain. The leaves are dark and leathery and remain green the year around.
Since the chicle contractor pays the collectors for the quantity of juice he gathers, he travels alone. After he has located a Zapote tree he attaches near the base a canvas bag which catches the milky juice. Just above the bag he makes a gash with his machete. Then he cuts a gash for 20 or 30 feet above the bag so that the latex will run down along it to the bag.
Scores of chicleiros fall and are killed or injured in the dangerous work.
In recent years more modern methods have been introduced and so the business goes on with less waste and greater efficiency.
Registration of general patients is likely to be provided for by provincial legislation, but inspection and supervision is not probable.
The British Government has declined to recognize the treaty of peace signed between the Central Powers and the Ukraine.
A small boy is never so full of emotion that he has no room for dinner.
AT THE
Maple Leaf Grocery
Cooked Meats of All Kinds.
Baked Meat Loaf with Cheese.
Park Hens; Cooked Sausages;
Headcheese; Empire Frankfurters;
Jellied Tongues; Cooked Ham;
Ham Bolognese; Jellied Beef.
Fresh assortment always on hand.
Alex. Potter.
Phone 752. 12 Niagara St.

As Age Advances the Liver Requires occasional slight stimulation. CARTER'S LITTLE LIVER PILLS correct CONSTIPATION.
Colorless or Pale Faces
killed or injured in the dangerous work.
TO SUFFER FROM HEADACHES MAKES LIFE MISERABLE.
Headaches seem to be habitual with many people. Some are seldom, if ever, free from it, suffering continually with the dull throbbings, the intense pain, sometimes in one part, sometimes in another, and then over the whole head, varying in its severity by the cause which brings it on.
The varieties of headache most common are sick or bilious headache, nervous headache, headache from constipation, debility or indigestion and periodical and spasmodic headache, and undoubtedly the cause must be removed before permanent relief can be had.
Burdock Blood Bitters, that has been on the market for over 40 years, removes the cause of the headache, and not only does this but also restores the entire system to healthy action and buoyant vigor.
Miss Emily Smith, 204 Bellwoods Ave., Toronto, Ont., writes: "I cannot speak too highly of Burdock Blood Bitters. For two years I was greatly troubled with violent headaches, particularly in the morning. I tried everything to cure me until a friend recommended B.B.B. I tried it, and now I am completely cured. Manufactured by The T. Millburn Co., Limited, Toronto, Ont."

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.