

TELLS DYSPEPTICS WHAT TO EAT

Avail 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. Chronic "acid stomach" is exceedingly dangerous and sufferers should do either one of two things.

Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid secretion or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Bisurated Magnesia at their meals.

There is probably no better, safer or more reliable stomach antacid than Bisurated Magnesia and it is widely used for this purpose. It has no direct action on the stomach and is not a digestant. But a teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food will neutralize the excess acidity which may be present and prevent its further formation.

This removes the whole cause of the trouble and the meal digests naturally and healthfully without need of painful or artificial digestive aids. Get a few ounces of Bisurated Magnesia from any reliable druggist. Ask for either powder or tablets. It never comes as a liquid, milk or citrate and in the bisurated form is not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."

Lemons Beautify! Make Quarter Pint of Lotion, Cheap

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to bleach the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way. Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quart pint of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle, then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

STIMULATING WAR FEELING HEARTENING THE PEOPLE DURING THE PERILOUS DAYS.

The Purpose of the War Lecture Bureau—Five Minute Addresses to Be Given Wherever Possible.

Frank Yeigh, secretary and organizer of the War Lecture Bureau, authorized by the Dominion Government, met a goodly company of citizens in the Board of Trade rooms on Monday evening and discussed the aims and plans of the bureau, in carrying on a propaganda of disseminating information as to the war, its needs and claims upon the people of Canada. Through brief, pointed addresses before audiences, wherever gathered, the people are stimulated and encouraged in work that will benefit Britain and her Allies.

The bureau has been in successful operation in many Canadian cities. Valuable work is being accomplished. Mr. Yeigh went very fully into the matter and concluded with a sample five-minute address for any audience. He had to do with Britain's stand in perilous times in the past and what might be expected in the present crisis. The address was cleverly conceived and interestingly presented. Mr. Yeigh was thanked for his visit. The bureau in Kingston will proceed to work. Ald. Newman was added to the executive and given charge of arranging places and dates for five-minute speakers to appear.

SIR SAM HUGHES ASKS SOME QUESTIONS

Wants to Know Why the Allied Forces Retired When Splendidly Equipped.

Ottawa, March 26.—The shadow of the war and the tremendous battle now raging on the western front was on Parliament yesterday. At the opening Sir Robert Borden read a reply received from the Overseas Minister in reply to a query sent Friday as to the conditions in the Canadian forces in view of the German offensive. The information was to the effect that the Canadians were not involved.

Sir Sam Hughes remarked that while intercession was no doubt very proper, he wished in the name of helping on the cause to ask the Prime Minister a few questions. The first was whether the Government was taking proper steps to maintain the morale of the troops. The next was whether promotions and honours in the army were based wholly on military merit. The Speaker called Sir Sam to order, but he insisted on continuing until he had asked two more questions. One was whether the Government was doing anything to prevent the sending of panicky and sensational despatches. The fourth was whether the Government had any explanation to offer as to why the Allied forces, splendidly equipped as they were before hostile forces not superior in equipment.

THEY WERE DESERTERS

Fake Sergeants Held On Forgery Charges.

Winnipeg, March 26.—George S. Pender, posing, it is said, as a sergeant in the special service department of the Canadian Militia, No. 3, and F. Shields, and Albert Johnson, who, it is claimed, assumed the role of staff sergeant of the same department, were taken into custody by city detectives.

Both, it is alleged, were trying to cash forged cheques at the time of their arrest. These cheques bore the signature "Capt. Johnson, Paymaster of District No. 3." On the back of the cheques was stamped the words, "This cheque was issued at Fort Henry, Kingston, Ont."

These men, it is alleged, according to their admissions are deserters from the Forestry Unit Stations at Truro, N.S. Shields is further said to have stated that he enlisted in Bakerfield, Calif., and that he was under military training at Vancouver, B.C., later being transferred to Truro, N.S. in the possession of the men at the time of their arrest were a number of cheques for different amounts varying from \$46 to \$112.

A dollar in the hand is worth ten you cannot borrow.

THIS LETTER FROM NEWCASTLE

Is a Message of Good Cheer to People Suffering From Nervous and Kidney Troubles.

Newcastle, Ont., Mar 26.—Mr. Wilnot had been treated in hospital and at medical springs, but found that only when he used Dr. Chase's medicines.

His kidneys were deranged, circulation was bad, so that he suffered from cramps and the nerves were upset. By the combined use of Dr. Chase's Nerve Food and Kidney-Liver Pills he was enabled to entirely restore his system to health and thereby get rid of the many annoying symptoms.

Mr. W. B. Wilnot, Newcastle, Ont., writes:

"For the last eighteen months I have suffered from nerve and kidney troubles. My hand would cramp up, and also my side, and at times my hands were utterly useless. My kidneys pained and my liver was also deranged. I took doctors' medicine, was in a hospital, and even went to medical springs, but I must say nothing has done me so much good in so short a time as Dr. Chase's Nerve Food and Kidney-Liver Pills. Since using this combined treatment my cramps have completely stopped, and I feel a great deal better. I may also say that the word constipation need never be mentioned since the goodness of Dr. Chase's medicines has been found out by the public. You may find my letter and my name if it will aid others to profit by my experience."

Dr. Chase's Nerve Food, 50¢ a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmanston, Bates, & Co., Limited, Toronto. Do not be talked into accepting a substitute. Limitations only disappoint.

THERE IS NOTHING FOR THE LIVER

SO GOOD AS MILBURN'S LAXA-LIVER PILLS.

They will regulate the flow of bile to act properly on the bowels, and will tone, renovate, and purify the liver, removing every result of liver trouble from the temporary, but disagreeable bilious and sick headaches, to the severest forms of liver complaint.

They are small and easy-acting, do not grip, sicken or weaken like the old-fashioned, nauseating, griping purgatives.

Mrs. A. Kirk, 53 Yorkville Ave., Toronto, Ont., writes: "I have tried and tested Milburn's Laxa-Liver Pills, and have received good results, for which I am very thankful. I took them for liver trouble. I came out of the hospital on May 3rd, last, after having had a serious operation which might have been saved had I taken your remedy sooner. I have given some to my sister for biliousness and sick headache, and she has found great relief. A lady who lives in my house has started to take them. I will do my best to recommend them to all my friends."

Prices 25¢ at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

THERE'S NO CAUSE FOR DEPRESSION OF DRIVE

Will Irwin Points to German Captures at Verdun, and Yet French Won.

Washington, March 26.—Will Irwin, war correspondent, says: "Nothing in the west front situation warrants pessimism or depression, and America and her Allies should guard against these feelings which sap morale."

Among other classes in the Allied countries at the time of Verdun, Ypres and other offensives, there was a depression verging on panic, yet in all cases the offensives turned out as Allied victories.

In the Verdun offensive, the Germans gained six miles in the first few hours and took 35,000 prisoners. Yet the French won at Verdun. I hear much said of the 45,000 prisoners already taken in this offensive. Yet, all must remember that this offensive is much larger than Verdun, and that the German success is not proportionately so great as at Verdun. And the larger the action, the larger the loss of prisoners.

Even if in the next few days we see what appears to be an alarming advance, we should not lose confidence. In this connection I will point out that before the Marne when I was in Belgium we kept hearing of a 20-mile a day advance towards Paris, which looked like a practice march. We know now that the French were permitting them to come on towards Paris only to turn them back at the Marne.

This movement now would appear to me to be a manoeuvre to get the Germans out in the open where they want him. He is good on machinery, but when the machinery breaks down or goes out of order, the Frenchman, on the other hand, has genius. Open fighting gives an opportunity for genius and originality.

Doing Their Bit

Over two hundred members of the Kingston Y.M.C.A. are doing their bit overseas, and all speak in glowing terms of what the association means to the soldier. Will you assist your local association in its efforts for our boys in khaki who are and will be in the city of Verdun?

JAPAN ON ALERT AGAINST U-BOAT

Careful Preparations Being Made to Deal With Any Entering Pacific.

Tokio, March 26.—The interest in America and in Europe in the possibility of Japanese military intervention in the war is duplicated in Japan, where the question of the dispatch of an army to Siberia not only overshadows everything else, but has created a national problem not approached in importance since the Russo-Japanese war. The representative opinion among the Japanese regards the situation as serious, and as fraught with possibilities of danger to his safety.

It is announced that the Japanese navy is making careful preparations to meet the possibility of the Germans transporting submarines to the Pacific. The two Japanese warships at Vladivostok, it is pointed out, could land marines in the event of danger to the lives and property of the Japanese.

Coal Supply Cut Off

The Hague, March 26.—Information received here from well-informed sources says the Germans do not intend closing the free passage in the North Sea.

In regard to reports that the Germans have ceased to send coal, only one barge of coal has arrived in Holland in the last 24 hours. This doubtless is connected with the general German refusal to permit Dutch vessels to clear from German waters for Holland.

The German Government has guaranteed unimpeded passage to Dutch ships going to fetch foodstuffs for Holland from overseas provided equal tonnage is set in motion in the opposite direction.

A "TIRED PEACE" WARNING

BY WILLIAM GOODE—PEACE MUST BE CONCLUSIVE.

Next Year's Prospects—Food Production Increasing So Rapidly That Country Will Be Well-Prepared.

London, March 26.—England would face a much more severe food shortage, William Goode, of the Food Ministry, told the American Luncheon Club yesterday. It also should decide to make "a tried peace" with Germany. He said:

"I chose the topic 'peace without plenty' because of the widespread idea that with peace the scarcity of food would disappear. It does not. Mr. Goode pointed out that even if Russia were able to feed herself there would be at the conclusion of peace 200,000,000 people in Europe clamoring for food, and said: "If we make an inclusive peace of sharing with our present enemies on an agreed basis the world's food and supplies, or the entering into bitter competition for them. The Central Empires undoubtedly would claim full economic equality in, and free entry to, the countries which are now supplying the Allies with food. What would such competition really mean? Hoover's magnificent conservation campaign in the United States would come to an abrupt end. If the Allies in Europe were willing to make an inconclusive peace they could not expect the United States to go on saving food for export."

Voluntary Self-Sacrifice. "At the present moment we are getting 65 per cent. of our essential foodstuffs from the United States and Canada, and large proportion of that represents self-sacrifice on the part of the Americans. Collapse of the conservation campaign would mean a vital reduction in the exportable food surplus of the United States."

"Then there would be an even greater demand than at the present upon the Allied tonnage for the repatriation of the American and Dominion troops. The Central Powers would have no strain of repatriating troops upon their mercantile marine, which would be at their disposal after a 'tired peace.' Even if shipping were immediately available at peace to carry all the world's exportable surplus of foodstuffs, it would be impossible to realize the daily ration of the 200,000,000 on the continent of Europe without further reducing the now restricted food supplies of the United Kingdom."

Mr. Goode asserted that on the other hand, food production in England so rapidly increased in a year's time the country would be much better prepared to weather the food storm than now, and added: "Also in the United States control of food consumption and stimulation of food production will not in any way increase the ration of the 200,000,000 on the continent of Europe without further reducing the now restricted food supplies of the United Kingdom."

"Every phase in the food situation, all the confidential forecasts as to probable imports and requirements, point to the fact that a 'tired peace' would compel Lord Rhonda stringently to cut down the daily consumption of food in this country. The public would appreciate the truth about the world shortage and realize that a 'tired peace' in the near future would be almost certain to entail increased privations in the British Isles."

Put a Cork in It

Pat went to a drugist to get an empty bottle. Selected one, on that answered his purpose, he asked: "How much?"

"Well," said the clerk. "If you want the empty bottle will be one cent, but if you have something put in it, we won't charge anything for the bottle."

"Sure, that's fair enough," observed Pat. "Put in a cork."

A FINE ENTERTAINMENT

Provided by Young People's Society of Cooke's Church.

A fine programme was provided by the Young People's Society of Cooke's church on Monday evening. The entertainment was well attended. The programme consisted of vocal numbers by Rupert Claxton and Mrs. Macpherson; instrumental by Jack Elder; also a series of very interesting lantern slides by Rev. E. R. McLean, showing the coats of arms of the various provinces of Canada, with an interesting sketch of each. Following this some very interesting scenes of prison life in Germany were given with humorous sketches. The entertaining programme was brought to a close with the pictures showing the allegiance of the flags of St. George, St. Andrew and St. Patrick.

Launching Hog Raising Contest

As part of the campaign for greater production of a two-week course in stock and seed judging at Guelph is being offered as the prize in a "feeding hogs for profit" competition now being launched by A. W. Sirett. The contest is being opened to all young men under thirty years of age, whether they have taken a course in agriculture or not.

Received Honors

Capt. Colin Gibson, son of General Sir John and Lady Gibson, is expected home this week. Capt. Gibson, who is an old Royal Military College boy, won the Military Cross and the Croix de Guerre, and is a Chevalier of the Belgian Order of Leopold.

\$6,000 Keenled

The local Y.M.C.A. needs \$6,000 to maintain its many activities during the year 1918. Will you help by sending along your subscription cheque or promise? Please do it now.

Recommend Them To All the World

NEW BRUNSWICK LADY TELLS OF DODD'S KIDNEY PILLS

Find Them the Best Medicine She Has Ever Taken—Best For Herself and Best For Her Child.

Madran, Gloucester Co., N.B., Mar. 25.—(Special).—Dodd's Kidney Pills are the best medicine I have ever taken. These are the words of Mrs. Antoine J. Grant, a well-known and highly-respected lady who lives here. And it is no exaggeration to say that she voices the sentiments of a large number of the people of Gloucester County. They have had kidney trouble; they have used Dodd's Kidney Pills; they have found them good.

Mrs. Grant was a sufferer for one and a half years. She was troubled with neuralgia, pain in the back, and palpitation of the heart, and had a pressure or sharp pain in the top of her head.

She took just four boxes of Dodd's Kidney Pills, and they did her so much good she is enthusiastic in their praises.

Probs: Wednesday, fair and cold.

Lovely New Waists for Easter Wear



These new waists are shown in georgette crepe, crepe de chene, Jap silk, Shantung silk, voile, pique, striped prints, etc., in a bewildering array of charming new styles. Call and see them. We shall be very pleased to show them.

GEORGETTE WAISTS — In plain and fancy styles, in shades of maize, mauve flesh, and white, are priced at \$4.50, \$6.50, \$8.75 to \$15.00.

CREPE DE CHENE WAISTS — Pretty models in crepe de chene are shown in maize, flesh, peach and white, and navy. Priced from \$2.98 to \$4.95.

WHITE JAP SILK WAISTS — In the more pronounced tailored styles, are priced at \$1.39, \$2.50, \$4.50 to \$6.50.

STRIPED SILK WAISTS — In neat shirt waist styles, are shown, at \$4.95 to \$6.50.

NEW VOILE WAISTS — Are shown in very dainty styles, and priced all the way from 98¢ to \$7.00.

Steacy's - Limited

DANDRUFF GOES! HAIR GETS THICK, WAVY, BEAUTIFUL

Savo Your Hair! Double Its Beauty in a Few Moments. Try This! Hair Stops Coming Out and Every Particle of Dandruff Disappears.

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks use, when you see new hair, fine and downy at first—yes, but really new hair—growing all over the scalp. A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance, an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health.

Get a small bottle of Knowlton's Danderine from any drug store or toilet counter for a few cents and prove that your hair is as pretty and abundant—that it has been neglected or injured by careless treatment—that's all. Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

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Would You Like To Own a Nice Tea Waggon?



We have a number of up-to-date designs. Nothing is more convenient for serving afternoon tea.

Bedroom furniture in a great variety of designs. We save money for you by making our purchases months ago.

VICTROLAS AND VICTOR RECORDS A Complete Stock on Hand.

T. F. HARRISON CO., LTD.

Phone 90.

BEST YEAR FOR NAVIGATION.

Railway Congestion Taught People of America Great Lesson.

Detroit, March 26.—The prediction that the navigation season of 1918 will far outstrip the best previous year in volume of freight and number of passengers, carried by lake lines is made by James T. McMillan, Vice-President of the Detroit and Cleveland Navigation Company. The railroad congestion of last fall and winter taught the people of America a great lesson, and the result will be the greatest possible use of the lakes, Mr. McMillan says.

Your Promise is Good. Many would help the Y.M.C.A. if they had the money on hand; but this is not necessary as your promise will be accepted for a later date of payment.

At Ferrol, Spain, a 400-ton German submarine sought refuge. The captain made an urgent request for admission, declaring that his craft had been damaged severely in a fight with three ships.

CLOTHING ON EASY TERMS

Ladies' Suits, Dresses and Fur, Gentlemen's Suits and Overcoats, N. Morris, 374 King St.

READ THIS!

What kind of a hat can you buy for a dollar? No doubt you have an old one laying around. We can clean and reshape it into this season's latest style. If you are in doubt drop in and see our shapes, also samples of our work. Gentlemen, dig out that felt hat. We can put it right back into shape for you. We don't wipe them. We clean them inside and out. Get the number, right: **1488.**

HAVE GOOD HEALTH

Take Hood's Sarsaparilla, the Old Reliable Spring Tonic.

Don't let the idea that you may feel better in a day or two prevent you from getting a bottle of Hood's Sarsaparilla today from any drug store and starting at once on the road to health and strength.

When your blood is impure and impoverished it lacks vitality, your digestion is imperfect, your appetite is poor, and all the functions of your body are impaired. Hood's Sarsaparilla is a wonderful blood tonic. It will build you up quicker than any other medicine. It gives strength to do and power to endure. It is the old standard tried and true all-the-year-round blood purifier and enricher, tonic and appetizer. Nothing else has the same formula or ingredients. Be sure to ask for Hood's; insist on having it.

The Kingston Hat Cleaners 163 Princess Street. Phone 1488. Manufacturers of PAN-A-LAC. It waterproofs and does not rot your Panamas.

Best's Spring Tonics

Are prepared to give the quickest results—lasting, too. Siphur and molasses ... 25¢ Sarsaparilla Compound ... \$1.00 Blood Purifier, 50¢ and \$1.00 Beef, Iron and Wine, 75¢ and \$1.00 Emulsion Cod Liver Oil, 50¢ and \$1.00

Best's Popular Drug Store.

Everything Photographic Developing and Printing. Phone 59. Branch 2918

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.

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226 Princess Street

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