

Heart Beat So Fast
COULD NOT SLEEP.
Had To Sit Up In Bed.

Heart trouble has of late years become very prevalent. Sometimes a pain catches you in the region of the heart, now and then your heart skips beats, palpitates, throbs, or beats with such rapidity and violence you think it will burst. You have weak and dizzy spells, are nervous, irritable and depressed, and if you attempt to walk upstairs, or any distance you get all out of breath.

CLOTHING ON EASY TERMS

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

Wood's Peppermint Cure, The Great English Remedy, Tones and invigorates the whole nervous system, makes the blood in old folks, cures nervous debility, mental and physical, cures heart, failing memory, price \$1 per box, 50¢ for 50. One will cure all ailments. Sold by all druggists or mailed in plain box on 1 week trial, price, New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO.

READ THIS!

What kind of a hat can you buy for a dollar? No doubt you have an old one lying 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. Gentleman, 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: 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. Sulphur 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 2018.

AT DAVIES' Easter Specials! SLICED WILTSHIRE Bacon 47c LETTUCE, PARSLEY, RHUBARB, GREEN ONIONS. NOTE - No delivery after April 1st. We adopt this measure to economize in operating charges; also with a view to getting the British Quality Provision and Fresh Meats at Lower Prices. The Wm. Davies' Co., Limited Phone 597.

RE-EXAMINATION COMING OF ALL MEN WITHIN AGES OF MILITARY SERVICE ACT.

The Militia Department Determined To Secure at Least 2,000 More Men in This District. That re-examination of all men declared medically unfit under the Military Service Act will take place, has become known and arrangements are now being made to bring this about.

A short time ago the decision was made to review all of the 10,000 cases in which men have been granted exemption in this military district. This applies particularly to farmers, as it is stated that many of these were granted freedom from military service by making statements that are not substantiated by the evidence of acquaintances of the man concerned.

The Militia Department has not been satisfied with the number of men secured under the Military Service Act by the Department of Justice. It is stated that both medical examinations and looseness in granting exemptions have been responsible. It is now necessary to take up both of these and by going over them secure as many men as possible. One of the causes of the looseness in granting exemptions was the lack of information by the military representatives. This department was created to act as "prosecution for the Crown." In the vast majority of cases the representative had to sit idly by, absolutely unable to contradict the statements made by the applicants for exemption. Since then they have been busy however securing information and checking up the statements made in the applications. The method adopted generally has been to write to various leading men of the municipality and ask them to answer several questions with reference to men in their locality whom they know.

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, great 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, hoarse, 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 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."

Mrs. Elizabeth Jones died on Saturday at her late home in Ancaster township. Deceased was sixty-two years of age. We seek the society of those who flatter us and we like the flattery, but we hate the flatterer. If it is the thing you don't care for that the people are always willing to hand you.

SATISFACTION GUARANTEED or Your Money Back 50c. a box. 5 boxes for \$2.50. GIN PILLS FOR THE KIDNEYS. For FREE Sample Write National Drug & Chemical Co. of U.S.A. 300 Main St., Toronto. No. 1000, Tel. 300 Main St., Toronto, N.Y.

SHE HAD TO BE PROPPED UP IN BED ON PILLOWS

Mrs. Lancaster Suffered Twenty Years—Tanlac Brings Relief.

"I have been practically an invalid for twenty years and Tanlac has given me the first real relief I have had during all that time," declared Mrs. Anne Lancaster, 67 Palmerston avenue, Toronto, recently. Mrs. Lancaster and her husband, John Lancaster, have lived in Toronto for almost a quarter century and have many friends who will be glad to learn of Mrs. Lancaster's wonderful improvement.

"Mr. Lancaster said just the other day," continued Mrs. Lancaster, "that Tanlac has been the best friend we ever had and I think so, too, for it has certainly done more for me than anything else ever has. Before I began taking it I suffered terribly from indigestion and in a little while after eating, gas would form and blot me up until I would almost suffocate and I simply suffered agony until I took something to make me vomit. Sometimes the gas would press up around my heart and almost cut off my breath. I had to be propped up in bed with pillows and even then I couldn't breathe good. I couldn't eat meats or any nourishing food, if I did I would almost die. For years I had to live on milk and just the lightest things possible and even then I had those awful spells with my stomach. I tried everything in the way of medicine, but nothing helped me and I suffered more than I can find words to tell.

EXTENSIVE SCHEME GROWING POTATOES Northern Ontario to Become the Seed District For Entire Province.

Toronto, March 27.—An extensive scheme is under way whereby the great fertile lands of northern Ontario will become the seed potato ground for the entire province. The Ontario Department of Agriculture is planning to buy the industry this season, for recent experiments have shown that from Muskoka, north and west, lies as fine a potato growing area as can be found in Canada. The district is naturally adapted for the raising of seed potatoes and the government expects to help the farmers on the road to success.

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? Your subscription will be welcomed by the Y.M.C.A. at this time.

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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.)

Although Mayor and Mrs. Hughes were but a few days in Los Angeles they found time to spend an evening with Mr. and Mrs. Edward Crumley at their home on 21st street, where they greeted some of their old-time friends and neighbors. Among those present were Mr. and Mrs. Richard Gilbert and their daughter, Mrs. Norman Philip; Mr. and Mrs. Harold Gilbert, Mr. and Mrs. Gordon Gilbert and Mr. and Mrs. Edward Moles. Many delightful reminiscences were indulged in and many fond memories recalled of what Kingston was in the past, and loving wishes extended for its continued growth and improvement in the future. At supper Mr. Crumley, in proposing the toast to the mayor and members of the council, referred to his own happy life in the city of his birth, and the hosts of kind and loving friends, whom he still holds dear. This was responded to by the mayor, who dwelt upon the great work being done in Kingston, not only for the boys going "over there," but for those who have returned disabled. The dear old city not only honors those who have so nobly done their bit, but also seeks to aid them to be useful citizens in spite of terrible injuries sustained in fighting for the cause. At a late hour the happy evening was brought to a close by forming a circle and in true Canadian fashion singing "Should Auld Acquaintance Be Forgot," and "God Save the King."

Mrs. A. Stuart Bleakney (formerly Miss Mary Stuart, of Kingston) received for the first time since her marriage on Tuesday afternoon at her home, 464 Laurier avenue, Ottawa. She wore a gown of light fawn silk with green and gold embroidery and a corsage bouquet of violets and roses. Mrs. A. C. Bleakney assisted her in receiving her many visitors, and Mrs. T. C. Boville and Miss Ellen Bleakney presided at the tea table.

A Bridge Club has been formed to meet on Tuesday evening, and at the first meeting last night Miss Helen McKay, Sydenham street, was hostess.

Mrs. S. M. Robertson was hostess at the Bridge Club on Monday afternoon.

Mrs. John McKay, Sydenham street, left on Monday for New York. Mr. and Mrs. Harry Tandy and Miss Lettice Tandy, King street, are leaving shortly for Atlantic City.

Mr. and Mrs. Hugh Davidson, Montreal, spent the week-end with Major and Mrs. C. S. Hanson, Bagot street.

Capt. and Mrs. J. F. Ryan have returned from Montreal and are on pension at Miss Kavanagh's, King street.

Miss Marion Booth will spend Easter with friends in Gananoque. Prof. and Mrs. James Cappon, Barrie street, are leaving next week for Atlantic City.

Miss Marjorie Waddell, who has been the guest of Major and Mrs. Southey, left on Monday for her home in Ithaca.

High Tails, of the Standard Bank of Canada, Toronto, is visiting his sister, Mrs. Carriere, in Ottawa.

Miss Elsie Saunders, who has been the guest of her mother, Mrs. K. M. Saunders, Alice street, is returning to Ottawa on Thursday.

Mrs. Upton and the Misses Upton, Toronto, and Miss George Hoag and Arliss Hoag, Port Arthur, are the guests of Mr. and Mrs. F. J. Hoag, Alfred street, for the Upton-Hoag wedding to-morrow.

Sergt. Alan Campbell, Montreal, is coming to Kingston for East and will be the guest of Mrs. H. R. Duff, Princess street.

Miss Marion Leslie, William street, has returned from Burlington, Vt.

Miss Lorraine Allen, Aberdeen avenue, entertained informally at the tea hour on Tuesday in honor of Miss Irene Hoag, the bride of the week.

Horace G. Lockett, M.A., Ingersoll, is expected home to-morrow to spend Easter with his parents, Mr. and Mrs. F. G. Lockett, 24 Stuart street.

Mr. and Mrs. J. M. Hughes, University avenue, are expected home from California next week.

Capt. and Mrs. William Herridge, who have recently returned from England, are the guests of Dr. and Mrs. Herridge in Ottawa.

Mrs. Heber Lafferty, who has been staying in London, is now in Exmouth, where she will spend the summer.

Miss Olive Cayth is expected from Toronto on Saturday by the guest, of Miss Aileen Folger, Sydenham street.

Probs: Fine and cool today and on Thursday.

Easter Suggestions!

The merry rush of Easter shopping begins full and strong at Steacy's. Shopping needs and Easter styles and fashions in great variety at attractively low prices.

LADIES' NEW SPRING SUITS A large number of effective models await your selection. Everyone is aglow with a subtle air of distinction and individual charm. All the newest shades and colors to be found in the season's most fashionable fabrics, as all wool serge, chevots, tweeds and gabardines. Specially priced from \$18.75 to \$50.00.

CHARACTER COATS Coats that speak individuality. They are here for your selection in extensive variety, embodying the last word as to style, color, and fabrics. Specially priced from \$12.50 to \$35.00.

LADIES' HOSE All new shades in silk hose for Easter wear. Priced from 85¢ to \$3.50.

LADIES' GLOVES Famous French Kid Gloves are now in stock and include Perrin's, Trefousse and other well known makes. Priced from \$1.50 to \$2.50.

EASTER NECKWEAR Is here in great assortments, in the very newest spring styles and materials, including crepe de chene, georgette, wash satin, gaberdine and pique, in colors to match your new Easter suit or coat.

MILLINERY A number of New York creations arrived this morning for Easter wear and your inspection of same is invited.

Steacy's - Limited

COMB SAGE TEA IN FADED OR GRAY HAIR

If Mixed With Sulphur It Darkens So Naturally Nobody Can Tell. Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this old-time recipe, improved by the addition of other ingredients, all ready to use, at very little cost. This simple mixture can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and beautiful. This preparation is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

It's the thing you don't care for that the people are always willing to hand you. Tomorrow, where she will be the guest of Mrs. Gallagher.

Miss Jessie Polson, King street, who has been spending the past two weeks in Atlantic City, returned home on Monday.

Miss Harriet Lawrence, Queen's University, will spend the Easter holidays at her home in Sydenham.

A wedding of considerable interest is announced in "Canada," which says: On Wednesday, February 20th, the wedding was solemnized of Lt. William Francis Arthur, Canadian Infantry, and Frederica Herbert Doris Jackson, of Brockville. Jackson was a visitor at the home of Judge Huxley frequently.

Dr. and Mrs. R. H. Abbott announce the engagement of their daughter, Muriel Emily, to Hugh Wright Flood, of Harrow, Ont., the marriage to take place the second week in April.

Fortunate is he who can extract amusement from his labor. (Continued on Page 10.)

Spring Offerings! Spring shoes for men and boys, in the latest styles, and at our special prices. Dressy shoes for men, \$5.50 to \$8.00. Boys' shoes from \$3.00 up. Jack Johnston's Shoe Store 70 Brock Street.

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.