

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE IN EFFECT MARCH 3RD

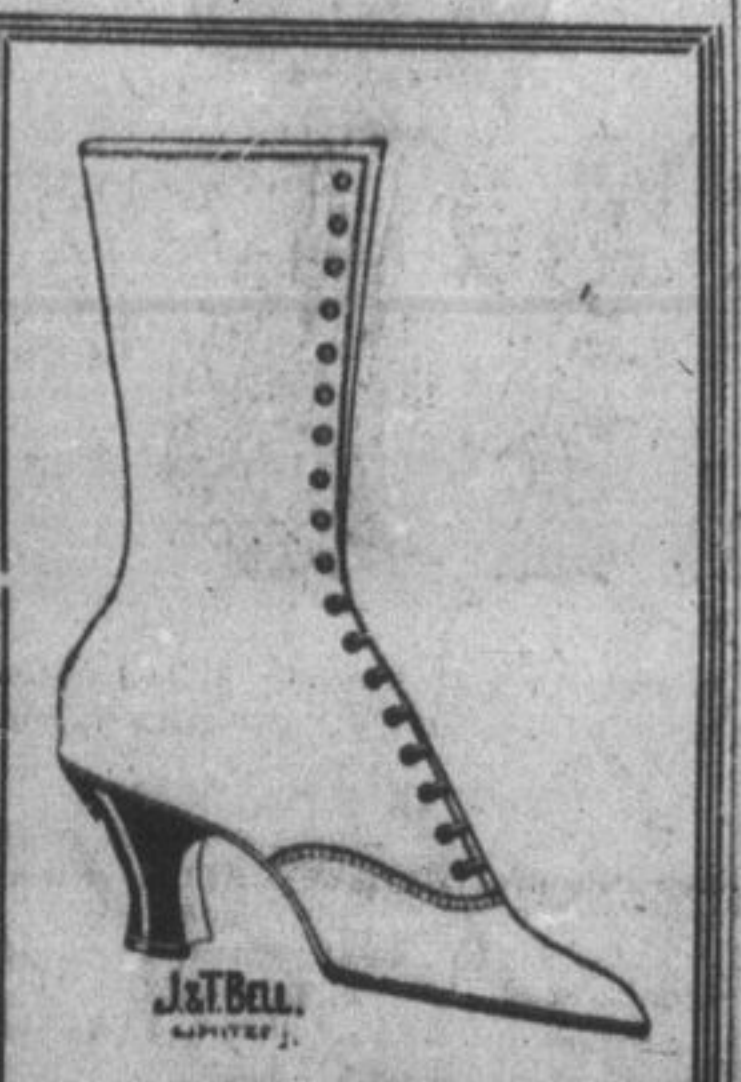
Table with columns for train numbers, destinations (West, East, City), and departure times.

CUNARD LINE

Passenger Service Between Halifax and Bristol. Money remittance made by mail or cable.

Bisell Carpet Sweepers Made Over New. All Repair Work Done. 301 Barrie St. Ph. 1270

Fresh Haddock and Cod, Whiting, Tom Cods, Smelts, Oysters. Dominion Fish Co.



EASTER SHOES Shoes that are in charming harmony with Easter styles. Shoes that are noticeably becoming with spring suits. Newest shades.

The Sawyer Shoe Store

Try Our Home-made Candy All kinds Chocolates, 30c, 40c, 50c, and 60c lb.; Mexican Kisses and French Nougat; 25c pound; Moll's and Lowney's Chocolates, 50c and 60c lb; Moll's, Lowney's, Ganong's and Robertson's Chocolates in boxes, at 25c, 30c, 40c, 50c, 60c, 70c, 80c, \$1.00, \$1.25, \$1.50, and \$2.00, at

CALIFORNIA FRUIT STORE Phone 2168

The SAFEST MATCHES in the WORLD Also the Cheapest! — are EDDY'S "SILENT 500'S" Safest because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

WORLD-WAR, SCHOOL-MASTER IN GEOGRAPHY

The International Sunday School Lesson For March 31st is "Jesus Our Example in Service."—Phil. 2:1-11.

By William T. Ellis. What a thrill went through the world when the Allies captured Jerusalem! In that dramatic event was gathered up the spiritual significance of the war. It meant that the heritage of Christianity is to be delivered from the hands of the enemies of Christ and of righteousness. The Jesus of justice as of gentleness, of brotherhood-as of belief, is coming into His own. The city that He loved is to be a haven of safety, a centre of ministry, a shrine of pilgrimage.

It Saves Doctors' Bills! This is the Rev. A. D. McLeod's opinion of Zam-Buk. This clergyman, who lives at Harcourt, N.E., writing to the proprietors, remarks upon the unusual popularity which Zam-Buk enjoys in the homes of the people of his parish. He says: "I know of nothing that can compare with it. Having charge of an extensive mission, over which I travel constantly, I meet with many sick and afflicted people, and I have been amazed at the good which Zam-Buk is doing daily. I have learned, as an absolute fact, that for bad ulcers, old wounds, eczema and skin diseases of all kinds the healing powers of Zam-Buk are simply marvellous. For the painful ailment, piles, also, it is excellent. Many a doctor's bill is saved by the use of Zam-Buk."

For cuts, burns and scalds Zam-Buk is equally good. Nothing ends pain and heals so quickly. See box, 2 for \$1.25. All dealers or Zam-Buk Co., Toronto. Send 1c stamp for free trial box.

Zam-Buk

OPEN NOSTRILS! END A COLD OR CATARRH How To Get Relief When Head and Nose are Stuffed Up.

County fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed up and miserable. Relief is sure.

Try Our Home-made Candy

The SAFEST MATCHES in the WORLD Also the Cheapest! — are EDDY'S "SILENT 500'S"

Suffered Great Agony FROM PAIN IN STOMACH For Over 5 Years.

Most of the misery and ill-health that humanity is burdened with arise from disorders of the stomach, liver and bowels. If you are feeling out of sorts, he pains in the stomach, especially after eating, bilious spells, headaches, sour stomach, coated tongue, sallow or muddy complexion, specks floating before the eyes, you should take a few doses of Milburn's Laxa-Liver Pills and note the change.

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. ed of in their activities. And surely Jesus approves. He would not have his servants in a crisis like the present, busy themselves about denominational names or creeds or prestige. Can any sound-thinking person conceive of a Presbyterian detachment and a Baptist detachment and a Lutheran detachment, each zealous to care for its own denominational interests, going out to the Holy Land with the present relief expedition? There are many welcome signs that professional ecclesiasticism, and narrow sectarianism, are to be among the major casualties of this war. But the Christianity of Jesus is emerging in new power and honor.

THE FATE OF BELGIUM.

Germany Made Plans to Partition Conquered Country. The Belgian Government, at Havre, has published a German secret document obtained by its agents, in which the purpose of Germany to destroy Belgium as a political entity, deprive it of value as a neutral buffer state and make it readily susceptible to control from Berlin is clearly declared.

How Jesus Would Now Work.

Of old, Jesus sent forth His disciples after the fashion of His land and time. He hurriedly worked in accordance with the customs of Palestine in the year 30 A. D. He pictured in parables the coming of the new order which He alone envisaged. All that He said and did looked forward to a large service and large results.

Hail! Smiling morn Eno's makes cheery optimists out of bilious pessimists ENO'S FRUIT SALT Nature's Laxative

INFAMOUS SULTAN DEAD. Abdul Hamid Lived in Poverty After Being Deposed.

Abdul Hamid, whose death in poverty occurred the other day, was for forty-three years Sultan of the Ottoman empire, sprawling upon the three continents of Europe, Asia and Africa and at the same time was commander of the faithful army of Moslems. He was paid homage by nearly a hundred million subjects. Short of power, he died a prisoner, pined, if not despaired.

He lived in constant dread of death. He had often escaped it only by good luck or unusual precautions against plots. Yet in his later years he had sought death by his own hands, so melancholy had his existence become. He gained ascendancy under circumstances nearly as tragic as those which ended his career. Born September 22, 1848, the second son of Sultan Abd-ul-Medjid, he became sovereign when his elder brother Murad V. was deposed because of mental incapacity in 1876. It was a time when Turkey was in a state of extreme depression, almost succumbing to the tremendous blows of Russia.

Many critics give him credit for a successful regime. Others denounce it as infamous. Whatever the true estimate, it is a fact that the Turkish empire increased its power. Schools were reformed, the army built up, commerce extended and pan-Islamism created under Abdul Hamid. Stubbornly though he had fought outside forces to prevent the disintegration of his empire, his fall came within

of this through the rise of the Young Turks, a party bent upon constitutional government. Abdul Hamid granted a constitution but failed to carry out the liberal ideas of the new generation. In the revolution of 1908 he was driven from the Imperial Palace on the shores of the Bosphorus, made a prisoner, and confined in the Villa Laltina, a former residence of a Greek merchant, in Salonika, the city where the Young Turk movement had its birth.

His younger brother, Hahomed V, succeeded him as Sultan. Abdul Hamid's harem was broken up, his court jewels sold at auction for upwards of a million dollars, which went toward building warships for the Young Turk's navy, and the former Sultan, once possessor of millions was given a few thousand dollars a year for his comfort in exile.

The Inertness of Nitrogen. Nitrogen, a colorless, odorless, tasteless gas, and the most abundant element known existing in a free and uncombined state, is absolutely essential to plant and animal life and of the utmost importance in art and industry.

The atmosphere is the last reservoir from which nitrogen is drawn to form active nitrogenous compounds. While the air we breathe consists of four-fifths nitrogen and one-fifth oxygen, these two gases are not combined but only intimately mixed, and the great bulk of the nitrogen plays only a passive part.

When we fill our lungs the oxygen of the air revives and purifies our blood and in so doing combines with carbon to form the compound known as carbon dioxide, which is exhaled when we exhale. Nitrogen, however, enters and leaves our lungs unchanged.

In the one instance it is the very inertness of nitrogen which makes it of the greatest value; for if the oxygen of the air were not greatly diluted with this inactive gas all mankind would soon perish of overstimulation. Moreover, corrosion and decay would take place with appalling rapidity, and combustion would be so enhanced that what is now a harmless fire would become an uncontrollable conflagration, destroying all oxidizable substances, including iron and steel.

Nitrogen, therefore, when uncombined with other elements, is an extremely inactive substance. Its main desire (if we may so express it) is to be let alone and for centuries it resisted every effort of man to isolate, weaken or force it into combination with other elements. But when finally combined with or wedded to other elements, nitrogen produces very active compounds so important that our existence depends upon them.—American Review of Reviews.

It is easy to tolerate poverty when it is chummy with the other fellow.

To drive a tank, handle the guns, and sweep over the enemy trenches, takes strong nerves, good rich blood, a good stomach, liver and kidneys. When the time comes, the man with red blood in his veins "is up and at it." He has iron nerves for hardships—an interest in his work grips him. That's the way you feel when you have taken a blood and nerve tonic, made up of Blood root, Golden Seal root, Stone root, Cherry bark, and rolled into a sugar-coated tablet and sold in fifty-cent vials by almost all druggists for past fifty years as Dr. Pierce's Golden Medical Discovery. This tonic, in liquid or tablet form, is just what you need this spring to give you vim, vigor and vitality. At the lag end of a hard winter, no wonder you feel "run-down," blue, out of sorts. Try this "Medical Discovery" of Dr. Pierce. Don't wait! To-day is the day to begin! A little "pep," and you laugh and live.

St. CATHERINE, ONT.—"Several years ago, when convalescing after a serious illness, I took a half dozen bottles each of Dr. Pierce's Golden Medical Discovery and Favorite Prescription as tonics. I cannot praise these medicines too highly for the benefit I received—my health was completely restored. I always take pleasure in recommending these two of Dr. Pierce's remedies.—Miss FLORENCE LOGAN, 33 Denck Street.

THEY GAVE THIS RUN-DOWN MAN VINOL

And He Got Back His Strength and Energy

Sheboygan, Wis.—"I was all 'fagged out,' run down, no appetite, nervous, sleepless nights and drowsy during the day, and was not fit to work. A friend told me to take Vinol. I did so, and can now eat three square meals a day. I sleep well, am alert, active, strong and well and have gained eleven pounds."—A. W. Higby, Sheboygan, Wis.

This is because Vinol contains the elements needed to create a healthy appetite and restore strength. The complete formula is printed on every package. This is your protection. Maboot's Drug Store, Kingston, Ont. Also at the best druggist in all Ontario towns.

CHOCOLATTA "The Ready-to-use Chocolate" Contains the Chocolate, Milk and Sugar. Prepared Instantly by Adding Boiling Water Only. No Cooking or Milk Required. For Sale By D. Couper 341-3 Princess St. Phone 78

Beautiful Bust and Shoulders Ben Jolie Brassiere. The dragging weight of an unconfined bust so stretches the supporting muscles that the contour of the figure is spoiled. put the bust back where it belongs, prevent the full bust from having the appearance of flatness, eliminate the danger of dragging muscles and confine the fullness of the shoulders giving a graceful line to the entire upper body. These are the delicate and most serviceable garments imaginable—come in all materials and styles: Cross Back, Hook Front, Strapless, Bandeau, etc. Boned with "Walton," the rubber lining—permitting washing without removal. Have your dealer show you Ben Jolie Brassieres. If not stocked, we will gladly send him, prepaid, samples to show you. BENJAMIN & JOHNS, 81 Warren Street, Newark, N. J.

ADAMS BLACK JACK Keep all the soldier boys you know well supplied with the best flavored gum you can buy —Adams Black Jack. A stick a day keeps bronchitis away. Every time you buy it for yourself, buy it for a soldier.

ADAMS Pure Chewing Gum.

Business Men of Kingston We Need Your Business Let us quote on your requirements JOB DEPARTMENT British Whig Publishing Co., Ltd. Golden Rule Service Our full line of 1919 Calendars now ready See our bargains in Loose Leaf Material

AT THE Maple Leaf Grocery Cooked Meats of All Kinds, Baked Meat Loaf, with Cheddar, Pork Sausage, Cooked Shoulders, Headcheese, Empire Frankfurter, Sliced, Youngster, Cooked Ham, Ham Bologna, Sliced Ham. Fresh assortment always on hand. Alex Potter, Phone 752, 12 Midway St.

Save Your Coal THE SOWARDS COAL CO. Phone 155.

Celery! THOMPSON'S GROCERY 294 Princess Street. Phone 387.