LOCAL BRANCH TIME TABLE

IN EFFECT MARCH SRD Tealns will leave and arrive at City Station, Foot of Johnson Street.

No. 13 Express . . . 3.19 a.m. 3.52 a.m. No. 27 Local . . . . 9.45 a.m. 16.17 a.m. No. 1 Intern'i Lid. 1.29 p.m. 1.50 p.m. No. 7 Mail . . . . 3.00 p.m.

No. 28 Local . . . . 6.48 p.m. 7.27 p.n. Nos. 1, 13, 14, 16, 18, 19 run daily. Other trains daily except Sunday.

Passenger Service Halifax and Bristol

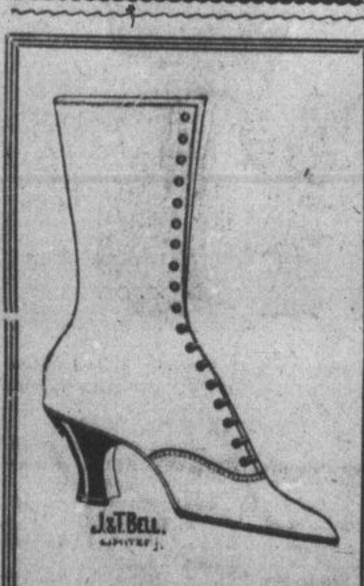
ers Made Over New. All Repair Work Done.

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.

No. 19 Man ..... 12.20 a.m. 12.57 a.m. The International Sunday School Lesson For March 31st Is "Jesus Our Example in Service."-Phil. 2:1-11.

Aside from the definite and

the land of the Lord is the scene for

Bible narrative, from the Garden of

dent Wilson, the voice of the Allies,

ing little peoples are to have self

question of the Bible Lands, by deliv-

ering the small Christian nations

from the power of the Turk, has a

The New Fulfilling the Old.

Hail! Smiling morn

Eno's makes

passimists

cheery optimists

Natale's Laxative

Eden, down Bagdad way, to

By William T. Ellis-

What a thrill went through the | This is a time to study the old map 3.52 a.m. | world when the Allies captured Jeru- of Bible lands, and to mark on them cance of the war. It meant that the military campaign. It may be not heritage of Christianity is to be de- inappropriate to mention that the livered from the hands of the ene- present indications are that the next Chicago, Bay City, Saginaw, Montreal mies of Christ and of righteo isness. stand of the Turks will be made at Ottawa, Quebec, Portland, St. John. The Jesus of justice as of gentleness, Nazareth, the boyhood home of Je-For pullman accommodation, tickets and ing into His own. The city that He country gives way to the historic Hanley, Agent. Agency for all ocean loved is to be a haven of safety, a plain of Esdraelon. steamship lines. Open day and night centre of ministry, a shrine of pilgrimage.

telegram announcing the capture of is a large joint unit of British and the city was flashed around the American Red Cross workers mostly world it stirred unsuspected emo- missionaries, on the way to Palestions in the heart of civilization. tine, to take up relief work for the For Palestine is central to our world, civilian population in Jerusalem and as Christ is central to our thinking. elsewhere. Destitution and distress as have affected a wordly are very great. Since Jesus no manner, as if we were indifferent to longer goes about in person, healing the teachings of religion. An event and feeding and teaching, His work like the capture of Jerusalem makes is being done by these friends of us realize how tremendous is the His. sciousness. Jew, Christian and Mos- over the lot of the people in Bible Co., Limited, Toronto, Ont. Agents, 50 King St. East, Toronto, Out. lem all have a historic stake in the lands to-day who bear His name-Promised Land, but of these three the Armenians, the Syrians, the the greatest is the Christian. Ev- Greeks, and the other Christians, ed off in their activities. And sure-

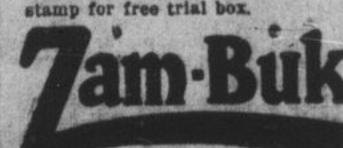
active centre of war interest, it will the present light of the people, prestige. Can any sound-thinking be studied over by the whole world. Christians, Jews and Moslems, is person conceive of a Presbyterian

Doctors'

pinion of Zam-Buk. This clergyman, who lives at Harcourt, N.B. 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 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. 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. 50c. box, 3 for \$1.25. All dealers or Zam-Buk Co., Toronto. Send 1c. stamp for free trial box.



OPEN NOSTRILS! END A COLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up.

catarrh disappears. Your clogged nostrils will open, the air passages of breathe freely. No more snuffling. hawking, mucous discharge, dryness

a little of this fragrant antiseptic cream in your nostrils. It pene-trates through every air passage of the head, soothing and healing the brane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed up and miserable.

## Try Our Home-made Candy

Kisses and French Nougat; 25c pound; Moir's and Lowney's Chocolates, 50c and 60c lb; Moir'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 Cheapes! - are

### EDDY'S "SILENT 500'S"

Cheapest, because there are more perfect matches to the sized box than in any other box on the market. War time economy and your own good sense, will urge the necessity of buying none but EDDITS MATCHES.

Suffered Great Agony! FROM PAIN IN STOMACH

For Over 5 Years.

specks floating before the eyes, you should take a few doses of Milburn's

Miss Ida Hogan, Dunrobin. Ont. writes: "for over five years I bave suffered great agony from pains in the stomach. I tried several reme-Great Issues In The Lord's Land. dies, but got no relief until a friend As this lesson goes to press there advised me to take Milburn's Laxa-Liver Pills. I started with two vials and before I had one quite used I found much relief. I continued until I used four vials, and they completely cured me. That was fourteen months ago, and I have not had tige. the slightest return since. The best praise I can give them is not enough."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct hold of the Gospel upon our sub-con- How His tender heart must yearn on receipt of price by The T. Milburn were reformed, the army built up,

Bissell Carpet Sweep- ery devout follower of Jesus is con- Since the war began there have been ly Jesus approves. He would not uncounted martyrdom's on this hal- have his servants in a crisis like the premely hallowed by his blessed feet. lowed soil. The transition from the present, busy themselves about de Now that Palestine has become an quarter's Sunday school lessons to nominational names or usuages or easy and proper. It would be en- detachment and a Methodist detachtirely out of accord with the spirit ment and a Baptist detachment and a Lutheran detachment, each zealous of the great Teacher himself to dwell with the present relief expedition? professional ecclesiasticism, and nartailed sufferings of the people of row sectarianism, are to be among Palestine to-day, we perceive that the major casualties of this war. But

the Christianity of Jesus is emerging the decision of great issues of the in new power and honor. scenes of the Apostle Paul's labors at Salonica. They would make this all tributary to the materialistic and try, we should look ahead into the anti-Christian conceptions of Nietznew day that awaits us; to consider schism and German rationalism, with their ruthless selfishness. Blocking them are the clear words of Presidecraring that all these long-suffertered unto, but to minister"; and The atmosphere is the last reseraccept any terms of peace that do

THE FATE OF BELGIUM.

Germans Made Plans to Partition Conquered Country.

The Belgian Government, at Havre, has published a German secret docuconventions. He is bringing great things to pass so quickly as to daze Belgium as a political entity, deprive enters and leaves our lungs unthe beholders. The ancient goals of it of value as a neutral buffer state the Kingston of Heaven are being and make it readily susceptible to fulfilled in way undreamed of five control from Berlin is clearly years ago. 'The teachings of Jesus

are having sudden and strange frui-Intimations of this purpose have come from various sources. It was How else can we interpret in indicated in the efforts made by Ger-Christian fashion, the new passion many to promote a separatist Flemish for human rights and freedom and movement soon after Von Bissing setbrotherhood that is dominating the world? Christ's conception of man's trator. The famous Flemish Univerdemocracy or the Kingdom of Heav- that could never get enough students substances, including iron and steel.
en nowadays, we are likely to mean to give each member of the faculty Nitrogen, therefore, when uncomall of society. Whether we say

now made public, "definite political be let alone and for centuries it redramatically indicated. There is not a wide-awake and thoughtful man form will be given Flanders and the sisted every effort of man to cajole, alive to-day who does not believe fate of the Walloons will be decided wheedle or force it into a place to the whole of the walloons will be decided wheedle or force it into a place to the whole of the walloons will be decided wheedle or force it into a place to the whole of the walloons will be decided wheelle or force it into a place to the walloons will be decided wheelle or force it into a place to the walloons will be decided wheelle or force it into a place to the walloons will be decided wheelle or force it into a place to the walloons will be decided wheelle or force it into a place to the walloons will be decided wheelle or force it into a place to the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided wheelle or force it in the walloons will be decided where the walloons will be decided wheelle or force it in the walloons will be decided where the walloons where the walloons will be decided where the w your head will clear and you can that the world is rapidly entering in the future"; in the meantime, "the imperial government decrees that every German must contribute toward national relationship that will spell or headache; no struggling for breath peace and good will. God forbid that making possible the reconquering of heedless Christians should permit Flanders for pan-Germanism and the any godless substitute to take the standing of that country on Gerplace of the great reality incidated many's side in the future to assure the safety of the empire's western

Obviously, the conquest here deples after the fashion of His land force: In other words, it is not Yanand time. He hurriedly worked in nexation by violence," Van Hertling accordance with the customs of Pal-estine in the year 30 A. D. He pic- of so wicked a purpose in relation to

tured in parables the coming of the Belgium. new order which He alone envisaged. What is planned is the division of All that He said and did looked for- Belgium into two states - Flemish ward to a large service and large and Walloon-the Flemish state to To-day Jesus is sending out His cause it carries the coast line. The and Chaplain's uniforms. They are by disunion, Germany can trust ecofacing elemental human nature and nomic and political pressure and inneeds. Much that is customary and trigue to achieve the rest. Doubtless, onal in church life is slough- she fondly fancies that by stirring

mind that she has already deliber-ately and systematically reduced Bel-gium to a condition so impoverished ontrol and influence and fully indemnified for her losses, must fall a prey to the Kaiser's rapacity.

Old Trees.

fornia fell, John Mulr counted 4,000 rings from the heaft out. That means the tree was forty centuries old. Thus it was a strong young tree when Abraham went into Egypt; it was bearing seed when Sodom and Gomortree when Joseph was sold into illness. I took a half dozen bottles each of Egypte nearly 1,000 years old when Dr. Pierce's Golden Medical Discovery David slew Gollath, and older when and Favorite Prescription as tonics. A CATIST WAS DOID THAN THE CARISTIAN religion is to-day.

We All prefer to taink welliumanity because we like to

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 Most of the misery and ill-health was paid homage by nearly a hundred that humanity is burdened with arise million subjects. Shorn of power, he from disorders of the stomach, liver | died a prisoner, pitied, if not despised. and bowels. If you are feeling out of He lived in constant dread of death. sorts, have pains in the stomach, es | He had often escaped it only by good |

melancholy had his existence become. friend told me to take Vinol. I did Sultan Abd-Ul-Medjid, he became Sheboygan, Wis. sovereign when his elder brother Murad V. was deposed because of mental incapacity in 1876. It was a time appetite and restore strength. The when Turkey was in a state of ex. complete formula is printed on every treme depression, almost succumbing package. This is your protection. to the tremendous blows of Russia. Out of this slough the new Sultan saved the remnants of Turkish pres-

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 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 Young Turks, a party bent upon constitutional government. Abdul Hainterests, going out to the Holy Land rus, made a prisoner, and confined in the Villa Latinia, a former residence There are many welcome signs that of a Greek merchant, in Salonika, the

His younger brother, Hahomed V.

Abdul Hamid's harem was broken So the present review should also up, his court jewels sold at auction be a review. Starting with the spirit for upwards of a million dollars, and teaching and example of Jesus which went toward building warships in the lessons of His early ministry for the Young Turk's navy, and the that we have been studying for three former Sultan, once possessor of milmonths, and having in mind the new lions was given a few thousand dolgeographical significance of His coun- lars a year for his comfort in exile.

Nitrogen, a colorless, odorless, apply now what He taught then, Of tasteless gas, and the most abundant all the pressing needs of this urgent | element known existing in a free and day, is there any greater than the uncombined state, is absolutely essenneed for the solution of our unex- tial to plant and animal life and of pected world problems in the spirit the utmost importance in art and in-

loved peace and righteousness oir from which nitrogen is drawn to so ardently that He strove and died form active nitrogeneous 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 ment obtained by its agents, in which as carbon dioxide, which is expelled the purpose of Germany to destroy when we exhale. Nitrogen, however,

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, sity, with its subsidized professors. flagration, destroying all oxidizable a simultaneous audience of one, was bined with other elements, is an ex-According to the official document desire (if we may so express it) is to elements, nitrogen produces very active compounds so important that our existence depends upon them .- Amer-

It is easy to tolerate poverty when

ican Review of Reviews.



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 bis veins "is up and at it." He has iron nerves for handships-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 fag end of a hard winter, no wonder you feel "ran-down," bine, out of sorts. When one of the hig trees in Call- Try this "Medical Discovery" of Dr. Pierce's. Don't wait! To-day is the day to begin! A little "pep," and you laugh and live.

> St. Catharines, Ont .- Several years ago, when convalescing after a serious 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 comedies."-Mas. FLORENCE LOGAN, 33 Dezel, Street.

He Got Back His Strength and Energy

Sheboygan, Wis .- "I was all 'fagged pecially after eating, bilious spells | luck or unusual precautions against out,' run down, no appetite, nervous, headaches, sour stomach, coated plots. Yet in his later years he had sleepless nights and drowsy during tongue, sallow or muddy complexion | sought death by his own hands, so | the day, and was not fit to work. A He gained ascendancy under cir- so, and can now eat three square cumstances nearly as tragic as those meals a day. I sleep well, am alert, which ended his career. Born Sep. active, strong and well and have tember 22, 1848, the second son of gained eleven pounds."-A. W. Higby,

This is because Vinol contains the elements needed to create a healthy Mahood's Drug Store, Kingston.

#### **CHOCOLATTA**

For the Boys at the Front

"The Ready-to-use Chocolate" Contains the Chocolate, Milk and Prepared Instantly by Adding Boiling Water Only. No Cooking or MIP. Required. For Sale By

D. Couper

AT THE

Maple Leaf Grocery Cooked Meats of All Kinds. Pork Snunnge; Cooked Shoulders Hendebeene; Empire Frankforms

Jeilled Tongue; Cooked Ham; Ham Hologan; Jeilled Hock. Fresh assortment always on

Alex Potter.

#### Save Your Coal

THE SOWARDS COAL CO. Phone 155.

## Celery!

THOMPSON'S GROCERY

294 Princess Street. Phone 387.



Beautiful Bust and Shoulders

The dragging weight of an unconfined bust so stretches the

BIEN JOLIE put the bust back where it belongs, prevent the full bust from
having the appearance of flabbiness, eliminate the danger of
dragging muscles and confine the
flesh of the shoulder giving a

nable—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Boned with "Walonn," the rustless boning—permitting washing without removal. Have your dealer show you Bien Jolie Brassieres, if not stocked, we will gladly send him, prepaid, samples to show you. BENJAMIN & JOHNES, 51 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

You need Envelopes, Letter Heads, Tags, Statements, Bill Heads, Etc. from time to time, and

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