

Cured Of Dyspepsia BY USING

Burdock Blood Bitters

The symptoms of dyspepsia are so numerous and diversified in different individuals that probably no description could exactly represent them as they occur in any given case, but a few of the most prominent are a rising and souring of food, pain, flatulence and distention of the abdomen, a sensation of discomfort after every meal, which is sometimes followed by sickness and vomiting.

To get rid of dyspepsia a careful arrangement of the diet is necessary and due time must be given for the digestion of the meal.

You will find that Burdock Blood Bitters will help with this digestion. It does this by toning up the stomach in such a way that the dyspepsia soon disappears.

Mr. Robert Baldwin, Winifred, Alta., writes: "I cannot speak too highly of Burdock Blood Bitters for curing dyspepsia, of which I have been a sufferer for years. I have tried a good many doctors and proprietary medicines, so one day I thought I would try something different. I got a bottle of B. B. B. from our local store, as it was about the only remedy he kept, and I can certainly say that I was more than pleased with the results, as I got better right away. I will always recommend it to other sufferers."

Manufactured only by The T. Millburn Co., Limited, Toronto, Ont.



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Queen Mary Awarded Medal. Paris, April 4.—The Official Journal prints several pages of names of persons to whom the French Government has awarded medals. Included in the list of 24 persons to whom silver or gilt first-class medals are awarded are Queen Mary of Great Britain and the King of Spain.



Map showing county-provincial highways of Ontario planned in Elgin, Norfolk, Middlesex and Oxford.

The finishing touch of satisfaction to many a breakfast is a cup of INSTANT POSTUM A rich enjoyable table beverage

HOUSING ACT EXPLAINED

ITS IMMENSE BENEFIT TO KINGSTON AT PRESENT.

The City Council Must First Pass a By-law to Take Advantage of It.

While the people of Kingston are waiting patiently to see what the council intends to do regarding the present critical housing situation, there are, perhaps, very few who really understand the Ontario Housing Act, which has been passed recently in order to help municipalities to provide houses for their citizens. A brief summary of the provisions of the act will therefore be helpful, not only to the citizens at large, but perhaps to the members of the housing committee as well. The act, which is cited as the Ontario Housing Act, can only apply to those municipalities which pass a by-law declaring that it shall apply. That means that before anyone in Kingston can receive any benefit from the act the city council must pass a by-law authorizing the city to act under its provisions.

The first ten sections of the act deal with the borrowing of money from the provincial government by municipalities. This money may be borrowed by the city council without obtaining the assent of the electors to the by-law. It shall be repayable in twenty years, at interest which shall not exceed five per cent. No part of this money shall be loaned to farmers.

The administration of the act, after the by-law has been passed, is handed over to a commission appointed by the council. This commission shall be a corporate body and shall be composed of the mayor or head of the council and either two or four citizens, who shall not be members of the council. These members must be residents of the municipality, and they shall hold office for two years, with the exception of the mayor, who shall hold office on the commission only during his appointed term of office. The commission shall, on the forming of the commission, be appointed for one year only, so that in later years one-half of the members shall retire each year. The members of the commission may be paid whatever remuneration is necessary.

By the provisions of the act, the municipal officials, such as the city engineer, assessor, architect, treasurer, clerk and other officers, shall carry out the requests of the commission respecting any work which comes under their respective departments. The money borrowed from the government by the corporation shall be paid out by the city treasurer on the certificate or order of the commission. The treasurer shall keep separate accounts of all money borrowed.

"SYRUP OF FIGS" CHILD'S LAXATIVE

Look at Tongue! Remove Poisons From Stomach, Liver and Bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

MRS. NEWHALL ON VERGE OF DESPAIR

Oshawa Woman Says She is Feeling Fine After Taking Tania.

"Tania was the only thing that gave me any relief, and I am convinced that it is the right medicine for people in the condition I was in," said Mrs. Elizabeth Newhall, of Oshawa, Ont., recently.

"I had been in a general rundown condition for over a year," she continued, "was extremely nervous, had no strength nor energy and the least little exertion would so exhaust me that I would feel real faint. I ached all over and felt half dead all the time. Had no appetite and would skip meals after meals. Nervous, blinding headaches would almost drive me distracted; my nerves were shattered so that the least little thing would upset me and I'd get up in the morning feeling so miserable I could hardly keep on my feet."

"After taking Tania a few days I began to feel better. My appetite is now splendid and nothing disturbs me at all. Those terrible headaches are all gone. I have more life and energy and my work is a real pleasure to me."

Tania is sold in Kingston by A. P. Chown, in Plevna by Gilbert Osler, in Batterssea by C. S. Clark, in Ferrisburgh by Ervin Martin, in Ardooch by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

—Adv't.

VERY INTERESTING FACTS

GERMANY HAS INVADDED FRANCE FORTY-FIVE TIMES.

About Every Fifty Years For 2,000 —Always Crimes; Always "Never Again" Oath.

New York, April 3.—The following appeared in the New York Tribune editorial column:

One hundred years before Christ 300,000 Germans invaded France murdering, burning, pillaging as they went. At Aix-en-Provence they were stopped and defeated. They sued for peace and swore they would never do it again. Sixty years after that 240,000 Germans invaded the Jura districts of France. Sixty years later 400,000 Germans invaded the territory between the Meuse and the Oise. They were beaten. They swore they would never do it again.

Sixty years before Christ the Germans invaded the left bank of the Rhine. Two hundred and thirty years after Christ the Germans invaded France. They were beaten. They swore they would never do it again; twenty years later, another invasion, another defeat, another solemn pledge "never again." In 274 A.D. the Rhine basin was invaded by the Germans; in 275 north-eastern France; in 301 Langres was pillaged. The invaders were beaten and they swore "never again." In 351 they reconquered the left bank of the Rhine; in 354 they devastated Lyons; in 360 Besancon; in 364 they invaded and plundered Belgium.

Here is the chronology of the subsequent invasions: 273, 323, 400, 410, 413, 480, 858, 978, 1124, 1214, 1513, 1521, 1523, 1536, 1544, 1552, 1563, 1567, 1569, 1576, 1587, 1636, 1674, 1675, 1707, 1708, 1744, 1792, 1793, 1814, 1815, 1870, 1914. Thirty-three invasions in a little over five hundred years, an average of one invasion every fifty years.

Whenever they were successful the Germans celebrated with unspeakable atrocities. Whenever they were beaten they swore they would never do it again.

Le Matin, which prints the above statistics, recalls that three days before the outbreak of the world war Herr Haase, the German Socialist leader, solemnly declared at Brussels that the German proletariat would oppose war to the utmost. Three days later Herr Haase voted for the war budget.

Four and a half years ago the Germans again invaded France. Again they were beaten. And now they swear they will never do it again.

It is easier to recover lost money than lost time.

LIUT. PAGER J. BLAIR Of the 7th Canadian Engineers, Toronto, who returned home after serving two years at the front.

All Fat People Should Know This The world owes a debt of gratitude to the author of the now famous Marmola Prescription, and is still more indebted for the reduction of this harmless, effective obesity remedy to tablet form. Marmola Prescription Tablets can now be obtained at all drug stores, or by writing direct to Marmola Co., 864 Woodward Ave., Detroit, Mich., and their reasonable price (75 cents for a large case) leaves no excuse for dieting or violent exercise, for the reduction of the overfat body to normal proportions.

Make Your Dollars Have More Cents Do your shopping at Abramson's and have what you want at low, reasonable prices. Our Men's, young men's and boys' suits are unsurpassed in quality and workmanship. Our range consists of blue serge, English tweeds and worsteds. Prices ranging from \$12.00 to \$32.50.

Special Reductions to Bonafide Returned Men MEN'S BOOTS The medium broad high toe is popular with many men who want a roomy, wide-fitting shoe; Blucher; black or brown leathers. Also in straight lasts with or without Neolin sole. Prices ranging from \$4.00 up. LADIES' SHOES The new spring styles of "Classic" footwear. A smart range of ladies' Oxfords, pumps and high shoes in black, tan and color combinations at greatly reduced prices.

An extraordinary range of Women's spring suits, coats, dresses and blouses at remarkable low prices. Pay us a visit and convince yourself. Louis Abramson, The Up-to-the-Minute Clothier and Furnisher, 336 Princess Street

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Work done at your own plant or Montreal at any time, day or night WERE GOOD SAVERS Married Men Richer Than Bachelor Soldiers. London, April 4.—Nearly two years ago a private bank was established at the Canadian discharge depot at Buxton for the transfer of money belonging to Canadians passing through the depot, the idea being to safeguard the men against theft and life expenditure. Over \$65,000 have been transferred to Canada in this way. A notable fact in this connection is that married men seem to have much more money to transfer than bachelors, although it must be remembered that deferred pay of single men is held until discharge. Too much of a good thing proves fatal. George Washington kept on adding to his collection of birthdays until they finally knocked him out. The first step toward doing good is the inclination to do it.

A Deseronto Memorial.

Deseronto, April 2.—A credence table was used for the first time on Sunday, March 16th in St. Mark's church, Deseronto, in memory of the late Lieut. Colin Goss Coleridge, R.A.F., (killed at Rathbun Camp, July 24th, 1918) given by his father John Coleridge "The Manor House," Snettisham, Norfolk, England. Richard McPherson, Belleville, carrier, was the maker. It is a nice piece of church furniture.

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