

CONSTIPATION, BAD HEADACHES, Faint, Dizzy Spells

Constipation is one of the commonest ills of mankind, and one too often allowed to go unlooked after, until some serious complication sets in.

MILBURN'S LAXA-LIVER PILLS

and you will enjoy the best of health. Mrs. Frank Wilsey, R. R. 3, Belmont, Ont., writes: "I have been troubled with constipation for nearly two years. I had bad headaches, faint and dizzy spells, and would blot terribly. I was nearly discouraged for I had tried so many things that gave me no relief."

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FIRST TIME ON RECORD.

For Canadian Masonic Service to Be Held in Synagogue.

Montreal March 28.—For the first time in the history of the craft in America a divine service under the auspices of a Masonic Lodge was given in a Jewish place of worship, the function taking place Sunday when Corinthian Lodge No. 62, A.F. & A.M., Q.R., assembled at the Temple Emanuel, Westmount, a suburb of this city.

Representatives from lodges in Toronto, San Francisco and New York were present at the service, and the occasion was marked by a Masonic emblem illuminated by electric lamps being placed on the pulpit in front of the reading desk.

Worshipful Brother Rabbi M. J. Merritt, in the course of his address to the congregation spoke of the debt due by Masonry to Israel from the time of the foundation of the temple by Solomon, when Solomon and Hiram officiated at First Grand Masters.

A sad death occurred at Toronto on March 26th, when Florence Beatrice, only daughter of Mr. and Mrs. Nelson Young, Nanapan, passed away, after a brief illness, caused by after effects of flu. Her mother was called to her bedside on Tuesday, but in spite of the best of medical attention and nursing, she was called to rest on Sunday morning.

Stretching the imagination seldom makes both ends meet.

MAIN STREET

The Story of Carol Kennicott

By SINCLAIR LEWIS

"Old Perce certainly pulled a good one on this fellow Bjornstam that always is shooting off his mouth. He's supposed to be settled down since he got married, but Lord, those fellows that think they know it all Swede got the grand razz handed to him, all right. He had the nerve to breeze up to Perce, at Dave Dyer's, and he said, he said to Perce, 'I've always wanted to look at a man that was so useful that folks would pay him a million dollars for existing.'"

Bresnahan had borrowed Jackson Elder's motor; he stopped at the Kennicotts'; he bawled at Carol, rocking with Hugh on the porch. "Better come for a ride."

She wanted to snub him. "Thanks so much, but I'm being maternal." "Bring him along! Bring him along!" Bresnahan was out of the seat, stalking up the sidewalk, and the rest of her protests and dignities were feeble.

She did not bring Hugh along. Bresnahan was silent for a mile, in words. But he looked at her as though he meant her to know that he understood everything she thought.

He observed how deep was his chest. "Lovely fields over there," he said. "You really like them? There's no profit in them."

He chuckled. "Sister, you can't get away with it. I'm onto you. You consider me a big bluff. Well, maybe I am. But so are you, my dear—and pretty enough so that I'd try to make love to you, if I weren't afraid you'd slap me."

"Mr. Bresnahan, do you talk that way to your wife's friends? And do you call them 'sister'?" "As a matter of fact, I do! And I make 'em like it. Score two!" But his chuckle was not so round, and he was very attentive to the ammeter.

In a moment he was cautiously attacking: "That's a wonderful boy, Will Kennicott. Great work these country practitioners are doing. The other day, in Washington, I was talking to a big scientific shark, a professor in Johns Hopkins medical school, and he was saying that no one has ever sufficiently appreciated the general practitioner and the sympathy and help he gives folks. These crack specialists, the young scientific fellows, they're so cocksure and so wrapped up in their laboratories that they miss the human element. Except in the case of a few freak diseases that no respectable human being would waste his time having, it's the old doc that keeps a community well, mind and body. And strikes me that Will is one of the steadiest and clearest-headed coun-

try practitioners I've ever met. Eh?" "I'm sure he is. 'He's a servant of reality.'"

"Come again? Um. Yes. All right, whatever that is. . . . Say, child, you don't care a whole lot for Gopher Prairie, if I'm not mistaken?" "Nope."

"There's where you're missing a big chance. There's nothing to these cities. Believe me, I know! This is a good town, as they go. You're lucky to be here. I wish I could stay on!"

"Very well, why don't you?" "Huh? Why—Lord—can't get away fr—"

"You don't have to stay. I do! So I want to change it. Do you know that men like you, prominent men, do quite a reasonable amount of harm by insisting that your native towns and native states are perfect? It's you who encourage the denizens not to change. They quote you, and go on believing that they live in paradise, and—"

"The incredible dullness of it!" "Suppose you were right. Even so, don't you think you waste a lot of thundering on one poor scared little town? Kind of mean!"

"I tell you it's dull. Dull!" "The folks don't find it dull. These couples like the Haydocks have a high old time; dance and cards—"

"They don't. They're bored. All most every one here is. Vacuousness and bad manners and spiteful gossip—that's what I hate."

"Those things—course they're here. So are they in Boston! And every place else! Why, the faults you find in this town are simply human nature, and never will be changed."

"Perhaps. But in a Boston all the good Carols (I'll admit I have no faults) can find one another and play. But here—I'm alone, in a stale pool—except as it's stirred by the great Mr. Bresnahan!"

"My Lord, to hear you tell it, a fellow'd think that all the denizens are so impolitely call 'em, are so confoundedly unhappy that it's a wonder they don't all up and commit suicide. But they seem to struggle along somehow!"

"They don't know what they miss. And anybody can endure anything. Look at men in mines and in prisons."

He drew up on the south shore of Lake Minnetonka. He glanced across the reeds reflected on the water, the quiver of waterlilies like crumpled tinfoil, the distant shores patched with dark woods, silvery oaks and deep yellow wheat. He patted her hand. "Sis—Carol, you're a darling girl, but you're difficult. Know what I think?"

"Yes." "Humph. Maybe you do, but—My humble (not too humble!) opinion is that you like to be different. You like to think you're peculiar. Why, if you knew how many tens of thousands of women, especially in New York, say just what you do, you'd lose all the fun of thinking you're a lone genius and you'd be on the band-wagon whooping it up for Gopher Prairie and a good decent family life. There's always about a million young women just out of college who want to teach their grandmothers how to such eggs."

(To be Continued.)

COUNCIL ADOPTS BUDGET

Still Uncertain as to Whether Orchard Street Should Be Closed.

The budget presented by the finance committee to the city council last evening was adopted without change. It was presented by Ald. Kent, who pointed out that the uncontrollable expenditure of the city amount to only two-sevenths of a total of \$628,320.84.

Ald. Graham drew attention to the fact that the finance committee had been able to keep the rate of taxation the same as last year, viz., thirty-five mills, although it had been heralded all over the city at the close of 1921 that the rate this year would have to be thirty-eight or forty mills. Mayor Corbett also spoke on what the finance committee had done in keeping the tax rate down, and he was sure the citizens would be well pleased.

Orchard Street Quandary. The bylaw to close Orchard street and cell the land to A. Davis & Company for \$150 was again considered. It was given a second reading, but on motion of Ald. Angrove and Holder it was held over for further consideration.

Ald. Holder raised the question as to the advisability of closing this street. He thought it was too important to be closed and the land disposed of.

Ald. Kelly was of the opinion that if the street was closed, another should be opened to give access to land adjoining and to the marsh.

Ald. Laturney asked if Orchard street was not the most accessible to Belle Island. Without it, access could not be had to the island from the land.

Ald. Cohen wanted to know what the land was to be used for by the Davis Company. Ald. McCartney stated that Mr. Davis had told him he thought of building a factory on it. City Clerk Sands said he would secure all the necessary information for next meeting of council so that

the aldermen could take definite action.

Relief for Property Owners. A bylaw was passed providing that the owners of land abutting on Macdonnell and Earl streets, in which sewers were constructed a year ago in order to help unemployment, would be charged only \$1.63 a foot, the city at large paying the balance.

On motion of Ald. Angrove and Kent a resolution was passed expressing the sympathy of the council to the widow and children of the late Alderman Patterson. The resolution stated that the city had suffered a great loss through the passing of Ald. Patterson, whose opinions on civic questions were greatly appreciated. The people had lost a valuable representative.

Finance and Accounts. The committee on finance and accounts made these recommendations, which were accepted:

That \$3,000 be granted the committee of unemployment, and that this committee be requested to carry on until April 16th next.

That the following accounts be paid: Streets pay roll, March 11th \$134.25 Streets pay roll, March 18th 1280.24 Clay Products Agency . . . 536.07 Kingston Sand and Gravel Company . . . 83.00 A. Maclean . . . 1.75 S. J. Nesbitt . . . 5.00 Property pay list, Feb. 25th 93.05 Property pay list March 12th 70.42 Gurryy Scale Company . . . 4.90 Public Utilities Committee. Taylor & Hamilton . . . 64.69 W. J. Vince . . . 6.42 City register . . . 467.00 McAuley's Book Store . . . 1.00 E. J. Telford . . . 4.90 McKelvey & Birch . . . 6.30 The Jackson Press . . . 14.85 Charities—Belleville's Children's Aid . . . 1.80 Mothers' Allowance . . . 567.50 Hanson, Crozier & Edgar . . . 771.77

City Property. These recommendations were made by the property committee: That the hours be extended to the pool and billiard license holders to 11.30 p.m.

That the request of the Kingston Gentlemen's Driving and Matinee Club for the use of the fair grounds on June 3rd be granted.

Parks Committee. The parks committee recommended as follows: That Reginald Watts and his wife be engaged to take charge of the Richardson bathing-house for the season at \$100 a month, and that the bathing place be opened about May 15th.

That the chairman and superintendent of parks be authorized to purchase trees, shrubs, hibus, plants, etc., that are required for the city parks.

An attendance were Mayor Corbett and Alds. Angrove, Bowden, Chown, Cohen, Driscoll, Godwin, Graham, Holder, Johnson, Kelly, Kent, Laturney, Milne, McCartney, Nash, Richardson and Sargent.



Give It to Them— This trial tube—watch their teeth improve

If you prefer, let your children make this test. Let them brush their teeth a few days in this modern way. Then look and see what film removal means. This is a way to whiter, cleaner, safer teeth. Millions now employ it. Leading dentists everywhere advise it. Let someone in your home this week show the benefits it brings.

Why teeth look dingy Your teeth are coated with a viscous film. You can feel it with your tongue. It clings to teeth, gets between the teeth and stays. It dims and may ruin teeth. Ordinary tooth pastes do not effectively combat it. So film-coats have been almost universal.

Film absorbs stains, making the teeth look dingy. Film is the basis of tartar. It holds food substance which ferments and forms acids. It holds the acids in contact with the teeth to cause decay. Germs breed by millions in it. They,

with tartar, are the chief cause of pyorrhea. Thus most tooth troubles are now traced to film, and, despite the tooth brush, they have constantly increased.

Must remove it daily Dental science has long been seeking a daily film combatant. Now two effective methods have been found. Authorities have proved them by many careful tests.

A new-day tooth paste has been perfected, to comply with modern requirements. And these two film combatants are embodied in it. The name of the tooth paste is Pepsodent. Millions of people of some forty races now employ it daily, largely by dental advice.

Two other new effects Pepsodent brings two other effects which authorities now deem essential. It multiplies the starch digestant in saliva. That is there to digest starch



Real protection now Now you can know what really clean teeth mean. Pepsodent fights film-coats, starch and acids—all the great tooth enemies. Then it leaves the mouth in normal alkaline condition. The glazing teeth you see everywhere now show something of the benefits it brings.

New beauty in a week The Pepsodent effects are quickly seen and felt. This test will be a revelation to you. Present the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear. Note the refreshing taste it leaves.

It will bring you prettier teeth, and quickly. But, more than that, it will bring you safer teeth. Cut out the coupon so you won't forget.



The New-Day Dentifrice. Now advised by leading dentists nearly all the world over, All druggists supply the large tubes.

Present the coupon this week to

L. T. BEST, 124 Princess St. MAHOOD DRUG CO., LTD., Princess and Bagot Sts. M. R. McCOLL, Opp. St. Andrew's Church. T. H. SARGENT.

10-DAY TUBE FREE

Present this coupon, with your name and address filled in, to any store named. It is good for a 10-Day Tube of Pepsodent.

Your Name Address

Out-of-town residents should mail this coupon to The Pepsodent Company, 118 Sherbourne Street, Toronto, Ont., and the tube will be sent by mail. Only one tube to a family. British Whig, Kingston, Ont.



See, Mama, There is Your Medicine

"YES, dear, that is the medicine which made mama well and I am sure neither of us shall ever forget it." "Are you going to buy some?" "No, darling, I do not need any more. You know how well I sleep now, those terrible headaches do not bother me any more and we are able to take our nice long walks every day."

Dr. Chase's Nerve Food, that day has gone by and I know what it is to be well and happy. "Why don't all the sick people use your medicine?" "Far more of them would if they only knew of the good it would do them. I have told lots of my friends and they nearly all have been benefited just as I was."

Clear brain, splendid circulation, ruddy complexion, sound, restful sleep, good digestion, greater strength of mind and body and better health are the results of using Dr. Chase's Nerve Food. 50c a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.



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These surprising results were achieved, not by using "beautifiers" or cosmetics of any kind, but by getting at the real cause of the trouble and supplying their systems with the proper amount of vitamins and iron—two elements vital to health, yet lacking in the modern diet.

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Due to the marked superiority of IRONIZED YEAST it is being widely imitated. IRONIZED YEAST is entirely different from ordinary combinations of yeast and iron so values medicinally. IRONIZED YEAST, on the other hand, means not only specially cultured yeast and other vitamins, but the special process by which these vitamins are ironized. There is only one IRONIZED YEAST. Insist upon it always—for nothing else can be like it. Sales Representatives: Harold F. Ritchie & Co., Ltd., Toronto