

DYSPEPSIA WAS SO BAD Could Hardly Eat Anything

Mrs. C. Stote, Nanticoke, Ont., writes: "Some time ago I had a very serious attack of dyspepsia and was also troubled with gas on my stomach. I could hardly eat anything, and very often had pains after meals. I had used different medicines, but they didn't seem to do me any good. At last I happened to run on the track of Burdock Blood Bitters, and after using it for a short time I felt a lot better. I continued its use until I was completely relieved and now I am ready to recommend it to anyone troubled as I was."

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Hemsley & Son WATCHMAKERS

Try Us for Watch and Clock Repairs

109 BROCK STREET Phone 2066w.

ACID STOMACH IS DANGEROUS

Sufferers From Indigestion or Stomach Trouble CUT THIS OUT

"Stomach trouble, dyspepsia, indigestion, sourness, gas, heartburn, food fermentation, etc., are caused nine times in ten by chronic 'acid stomach,' says a well-known authority.

Burning hydrochloric acid develops in the stomach at an alarming rate. The acid irritates and inflames the delicate stomach lining and often leads to gastritis accompanied by dangerous stomach ulcers. Don't dose an acid stomach with pepin or artificial digestants that only give temporary relief from pain by driving the acid, fermenting food out of the stomach into the intestines.

Instead, neutralize or sweeten your acid stomach after meals with a little hot water and Bisurated Magnesia and not only will the pain vanish but your meals will digest naturally. There is nothing better than Bisurated Magnesia to sweeten and settle an acid stomach. It soaks up the harmful excess acid much as a sponge or blotting paper might and your stomach acts and feels fine in just a few minutes. Bisurated Magnesia can be obtained from any reliable druggist in either powder or tablet form. It is safe, reliable, easy and pleasant to use, is not a laxative and is not at all expensive.

Loosen Up That Cold With Musterole

Have Musterole handy when a cold starts. It has all the advantages of grandmother's mustard plaster WITHOUT the blister. You just apply it with the fingers. First you feel a warm tingle as the healing ointment penetrates the pores, then comes a soothing, cooling sensation and quick relief.

Made of pure oil of mustard and other simple ingredients, Musterole is recommended by many nurses and doctors. Try Musterole for bronchitis, sore throat, stiff neck, pleurisy, rheumatism, lumbago, croup, asthma, neuralgia, congestion, pains and aches of the back or joints, sore muscles, sprains, bruises, chilblains, frost-bite, colds of the chest. It may prevent pneumonia and "flu." 40c and 75c, at all druggists. The Musterole Co. of Canada, Ltd., Montreal.

Better than a mustard plaster

Mixed-Dry Mixed Firewood

Hardwood and Slabs. Prompt Service.

Chas. Bedore & Son 274 NELSON STREET Phone 1746J.

Select Your Optometrist With Care

Consider the ability, skill and experience necessary in prescribing correct glasses for impaired vision.

We know eyes thoroughly—it's our business to know.

Therefore—come to us with the assurance of competent service, correct in every detail.

R. ARTHEY, R.O. VISION SPECIALIST 148 PRINCESS STREET Phone 2108. Open evenings by appointment.

The greatest man in history was the poorest.

From the Countryside

Frontenac

CATARAQUI. Jan. 18.—H. J. Simpson is visiting his mother in London, Ont. Rev. G. A. Sisco has begun on Sunday evenings a series of lectures on church history. He will illustrate these lectures by means of maps, lantern slides, etc. Mrs. Castlemar is visiting at the home of her brother, A. Sharp. The Hockey Club is getting a rink in shape in H. Harpell's field. Mrs. Fairbanks has left for a trip to Belleville and Toronto.

CLARENDON.

Jan. 21.—The Frontenac Lumber Co. is unloading cars of oats and hay the last few days. Mr. and Mrs. Frank Swane, Glenvale, are visiting Mr. and Mrs. Richard Burke. Henry Armistee, Napanee, was in Clarendon for a day on business. There are a few cases of measles in this vicinity. Now that we have colder weather and snow the farmers are quite busy drawing pulp and box-wood.

BUNKER'S HILL.

Jan. 23.—As a result of the recent rain, the roads are in a very slippery condition. A meeting was held in the Friends' church on Sunday night. School has reopened with Miss Babcock as teacher. There has been a great deal of rain in this district this month. Many of the farmers are engaged in cutting wood. T. Babcock lost a horse last week. The animal fell and had its leg broken.

HARTINGTON.

Jan. 17.—William Watson was taken to the hospital yesterday and operated on for appendicitis. Mrs. W. Watson is confined to her bed. Relatives and friends from here attended the funeral of the late John McQuaid, Kingston, last week. Mrs. Kuttan, Sydenham, visited her sister Mrs. Denison, for a few days. Miss Moore, Oak Flats, is visiting at John Moore's. Dora Campbell is teaching near Tamworth. Madolia Babcock teaching at Bunker's Hill.

COXVALE.

Jan. 18.—The heavy rains of Wednesday left the roads in a bad condition. J. D. Flake and John Card, Plevna, spent Thursday here on their way home. Charles Cox is now in his new residence, Alford Badour, Clarendon, was here on business. Mrs. David and Mrs. Don Cox have been on the sick list. V. S. Praskey has left for Toronto. Miss Anabel Urquhart, Williams-town, has taken the school. Don and David Cox are drawing hay. J. J. Lowes made a trip to Kingston this week.

LAKE OPINION.

Jan. 18.—The recent thaw has put the roads in a slippery condition. A. Darling has a number of teams engaged in drawing hay. Wood cutting is the order of the day. M. Hughson has a number of men engaged cutting wood. A. Darling left last Monday to spend two months in Toronto. Mrs. Lyons is visiting her sister Mrs. J. Linklater. Mr. and Mrs. F. Best and family spent Sunday at H. Austin's; Mrs. W. Emmons spent Wednesday at J. Linklater's; Miss V. Devolin spent the week-end at Bedford Mills. Mrs. L. Hughson is on the sick list.

COLE LAKE.

Jan. 22.—The recent snow storms have blocked the roads. Thomas Butterell and Wesley Shillington are visiting in Perth. Miss Bessie Kennedy and brother, Char-

SIMPLE WAY TO TAKE OFF FAT

There can be nothing simpler than taking a convenient little tablet four times each day until your weight is reduced to normal. That's all—just purchase a box of Marmola Prescription Tablets from your druggist for one dollar, the same price the world over. Follow directions—no starvation dieting or tiresome exercising. Eat substantial food—be as lazy as you like and keep on getting slimmer. And the best part of Marmola Prescription Tablets is they are harmless. That is your absolute safeguard. Purchase them from your druggist, or send direct to Marmola Company, 4612 Woodward Ave., Detroit, Mich.

How To Guard Against Appendicitis

The best way to guard against appendicitis is to flush both upper and lower bowel once a week with simple glycerine, buckthorn bark, etc., as mixed in Adierika. Most medicines act only on lower bowel but Adierika acts on BOTH upper and lower bowel and removes all poisons. Helps any case gas on stomach in TEN minutes. Excellent for obstinate constipation. T. H. Sargent.

Canada's First Cough Remedy

Earliest history shows that the Indians realized the medical value of Spruce Gum in the treatment of coughs, colds, hoarseness and other respiratory conditions of the throat. The Spruce Gum in combination with other vegetable medicaments of proven value form the basis of the 60 years of success of

GRAY'S SYRUP

RED SPRUCE GUM

THE GREATEST MAN IN HISTORY WAS THE POOREST.

ies, took tea with Mr. and Mrs. C. M. Kennedy a number from here attended the pie social at Mountain Grove. Miss Pokors, Wilton, is visiting her sister, Mrs. Wm. Shillington. Benson Peters visited his daughter Mrs. M. Downie, Kingston, for a few days. George Campbell, Verona, spent Friday at Elgin Campbell's. Born to Mr. and Mrs. Thomas Conlter, twin girls, one still-born, on Jan. 14th.

BELL ROCK

Jan. 21.—Rev. Dr. Lawson, Verona, preaches every Sunday in the Methodist church at Bell Rock notwithstanding the bad roads and the severely cold weather. Wood-cutting seems to be the main business of the season. Much sorrow, occasioned in this vicinity recently when John Timmins' death was announced. The late Mr. Timmins was highly respected by all who knew him and he will be greatly missed. He was ever ready to reach out a helping hand to friends, neighbors, or the needy. Miss Stella Timmins has returned to Toronto. Mrs. Libbie Pomroy is visiting friends in Kingston. John Pomroy spent a few days in Kingston recently. Warren Percy, Brandon, Man., is visiting at his old home here.

ARDEN.

Jan. 21.—What might have been a serious accident happened to Claude Williams, last week, while crossing Clear Lake, with his team with a load of gravel, the ice gave away letting the team and sleigh into the lake. One horse broke its harness and got on solid ice. By the help of the men of the village they saved the other horse. Mrs. F. L. Wormworth, Mrs. W. N. Steele, also William Wormworth, spent last week in Kingston. We are sorry to say W. W. Tringle is very ill.

A number of the young people attended the pie social and dance at Mountain Grove on Friday evening. Mr. and Mrs. G. Steele at Williams' Wormworth's on Sunday.

Mrs. D. E. Wien, Kaladar, spending a few days with her parents, Mr. and Mrs. G. M. Kirk; John Hayes made a flying trip to Tweed on Monday; Mr. and Mrs. J. W. Wilkie at G. Steele's Sunday evening. Mr. and Mrs. J. Steele spent a few days in Tamworth last week visiting their daughters, Mrs. D. Lott and Mrs. N. Gendrow.

Leeds

CHARLESTON.

Jan. 21.—R. Foster came out from Brockville last week and spent a few days. Miss May Latimer is confined to her bed with an attack of quinsy. A number from here attended the commencement at Athens on Friday evening. Miss Norma Young, teacher at Chantry, was home over Sunday. Miss Nellie Williamson is spending the winter at her home at Oak Leaf. The young folks are able to enjoy their skates for the first time this winter.

Lennox & Addington

BATH.

Jan. 21.—Born to Mr. and Mrs. Earl McClelland, on Jan. 21st, a son, Mr. and Mrs. Frank Medow and baby, Napanee, spent Sunday at George Davy's. Mrs. John Ritchie and son, George, Cleveland, Ohio, are visiting at Amos Barrage's. The euchre drive held in the Masonic hall, on Friday evening, in aid of the public library was a decided success. The many friends of Miss Vera Miller and Edward Horne, both of whom underwent an operation for appendicitis at Kingston General Hospital, will be glad to hear that they are slowly improving after being in a very critical condition. Mrs. (Rev.) A. C. Hoffman who has been ill is improving.

BATTERSEA BREEZES.

Battersea, Jan. 21.—The carnival held at the rink, on Saturday night was a great success. Notwithstanding the light snow that was falling there was a large attendance. The prizes were awarded as follows: Best ladies' costume, Mrs. C. D. Lake; best gents' costume, (tie), Russel Lake and George Raven; best skating couple in costume, Mrs. Gus Jardine and Lloyd Knapp; swiftest skating couple in costume, George Raven and Miss Doris Gordon; swiftest lady skater in costume, Miss Doris Gordon of Sunbury; swiftest gentleman skater in costume, Russel Lake; swiftest boy skater, fourteen years and under, Archie Kirkpatrick; swiftest girl skater fourteen years and under, Miss Phyllis VanLaven; best boys' costume, under fourteen years, Willie Lake; best girls' costume, under fourteen years, Miss Jennies Dietze. The judges were Rev. C. H. Adair, Thos. Clark, Alex. Turner, Stan McCallum and Karl VanLaven. After the prizes were given the skating was very much enjoyed by all for a couple of hours. The manager of the rink, Douglas Anglin, had it well lighted and everything in order. Everybody will be looking forward to the next carnival.

HEALTH IN WINTER

How to Avoid Colds, Influenza and Like Troubles

Have you noticed that some people enjoy good health through the most trying weather, while others succumb to colds or influenza at every touch of wintry conditions, or are attacked by rheumatism or sciatica? The reason is to be found in the condition of the blood. If it is rich and pure the system is able to resist disease. But let the blood become impoverished and the way is made clear for disease to enter the system.

TO DECIDE OWNERS OF WEDDING GIFTS

Chicago Judge to Find Whether Bride or Groom Entitled to Them.

Chicago, Ill., Jan. 24.—Judge Sabath must decide whether a bride's wedding presents belong to her or her husband, Isabelle Gentile has brought suit for separate maintenance and alimony against Francis Gentile, charging cruelty.

Records Are Being Broken By Yukon's Mild Weather

Dawson City, Y.T., Jan. 24.—The Yukon is experiencing the mildest winter weather in the memory of the oldest inhabitant. This month the thermometer has hovered around zero daily, as compared with previous Januaries, when it ran the scale between 40 and 70 below. Extreme high temperatures have prevailed in the Yukon and parts of Alaska since early last summer. The theory advanced by Toronto meteorologists that warmer weather in the Arctic and sub-Arctic is due to higher temperatures in Pacific Ocean currents, possibly owing to submarine disturbances and volcanic actions, is being widely endorsed here.

Excelsior Insurance Life Company

1922 1923 Insurance in Force - \$48,412,253 \$52,362,809 Income - 1,964,133 2,197,052 Surplus - 1,244,399 1,487,739 Total Assets - 8,080,260 9,043,276

H. D. WIGHTMAN, District Agent, Kingston, Ont.

HEALTH IN WINTER

How to Avoid Colds, Influenza and Like Troubles

Have you noticed that some people enjoy good health through the most trying weather, while others succumb to colds or influenza at every touch of wintry conditions, or are attacked by rheumatism or sciatica? The reason is to be found in the condition of the blood. If it is rich and pure the system is able to resist disease. But let the blood become impoverished and the way is made clear for disease to enter the system.

TO DECIDE OWNERS OF WEDDING GIFTS

Chicago Judge to Find Whether Bride or Groom Entitled to Them.

Chicago, Ill., Jan. 24.—Judge Sabath must decide whether a bride's wedding presents belong to her or her husband, Isabelle Gentile has brought suit for separate maintenance and alimony against Francis Gentile, charging cruelty.

Records Are Being Broken By Yukon's Mild Weather

Dawson City, Y.T., Jan. 24.—The Yukon is experiencing the mildest winter weather in the memory of the oldest inhabitant. This month the thermometer has hovered around zero daily, as compared with previous Januaries, when it ran the scale between 40 and 70 below. Extreme high temperatures have prevailed in the Yukon and parts of Alaska since early last summer. The theory advanced by Toronto meteorologists that warmer weather in the Arctic and sub-Arctic is due to higher temperatures in Pacific Ocean currents, possibly owing to submarine disturbances and volcanic actions, is being widely endorsed here.

Excelsior Insurance Life Company

1922 1923 Insurance in Force - \$48,412,253 \$52,362,809 Income - 1,964,133 2,197,052 Surplus - 1,244,399 1,487,739 Total Assets - 8,080,260 9,043,276

H. D. WIGHTMAN, District Agent, Kingston, Ont.

HEALTH IN WINTER

How to Avoid Colds, Influenza and Like Troubles

Have you noticed that some people enjoy good health through the most trying weather, while others succumb to colds or influenza at every touch of wintry conditions, or are attacked by rheumatism or sciatica? The reason is to be found in the condition of the blood. If it is rich and pure the system is able to resist disease. But let the blood become impoverished and the way is made clear for disease to enter the system.

TO DECIDE OWNERS OF WEDDING GIFTS

Chicago Judge to Find Whether Bride or Groom Entitled to Them.

Chicago, Ill., Jan. 24.—Judge Sabath must decide whether a bride's wedding presents belong to her or her husband, Isabelle Gentile has brought suit for separate maintenance and alimony against Francis Gentile, charging cruelty.

Records Are Being Broken By Yukon's Mild Weather

Dawson City, Y.T., Jan. 24.—The Yukon is experiencing the mildest winter weather in the memory of the oldest inhabitant. This month the thermometer has hovered around zero daily, as compared with previous Januaries, when it ran the scale between 40 and 70 below. Extreme high temperatures have prevailed in the Yukon and parts of Alaska since early last summer. The theory advanced by Toronto meteorologists that warmer weather in the Arctic and sub-Arctic is due to higher temperatures in Pacific Ocean currents, possibly owing to submarine disturbances and volcanic actions, is being widely endorsed here.

Excelsior Insurance Life Company

1922 1923 Insurance in Force - \$48,412,253 \$52,362,809 Income - 1,964,133 2,197,052 Surplus - 1,244,399 1,487,739 Total Assets - 8,080,260 9,043,276

H. D. WIGHTMAN, District Agent, Kingston, Ont.

Hardwood Flooring Let us supply you with Seaman-Kent Hardwood Flooring for your floor needs. ALLAN LUMBER CO. VICTORIA STREET. Phone 1042

WHY THE WEATHER? DR. CHARLES F. BROOKS Secretary, American Meteorological Society, Tells How. Storm Can Clear Too Soon. If a low goes by in too much of a hurry, it sometimes requires another immediately succeeding low to finish the job of establishing fair and much colder weather.

The Curing of Asthma. Paris, Jan. 24.—Within ten years every hospital and sanitarium will be equipped with an inhalatorium for curing asthma, bronchitis, laryngitis and other maladies of the respiratory organs. Dr. Dron asserts a unique establishment which is operated in the town of Fourcoing. The patients place tubes in their mouths, inhaling a jet of hot steam. This is followed by antiseptic steam which cleanses the lungs. Dr. Dron asserts that the inhaling method is a sure cure, which will soon become world-wide, revolutionizing present methods.

The healthy look that DR. CALDWELL'S LAXATIVE SYRUP PEPSIN Gives is Nature's Own Ladies! This Beats Cosmetics GOOD health cannot be emulated by powder and rouge. The eyes will tell. That sparkle and clearness that denote good health will not be there if you are constipated. Miss H. Ridley, 110 Summer-street, Toronto, writes that Dr. Caldwell's Laxative Syrup Pepsin has helped her very much and Mrs. Ingram, Box No. 26, Tyran, Sask., says it does what no other medicine has ever done for her. On Sale for 30 Years Intelligent women are realizing that health and mere outward complexion are two different things, and more and more are taking Dr. Caldwell's Laxative Syrup Pepsin. Over 10 million bottles were bought in drug stores last year, the largest selling liquid laxative in the world! Go to your druggist and buy a bottle. The cost is less than a cent a dose. You will see how much more effective a spoon-ful of Laxative Syrup Pepsin is than tablets, powders or pills, and without shock to the system. Safe Family Laxative Use it regularly a day before and a day after the period. The gentle emptying of the bowels will give you relief, and lessen headaches and congestion. Take a spoonful at bedtime and see how much better you feel in the morning. It is a vegetable compound of Egyptian senna and pepsin with agreeable aromatics, and entirely safe not only for you but for the youngest child. Keep a bottle of Dr. Caldwell's Laxative Syrup Pepsin constantly in the home for your or some other member of the family may need it any moment to relieve constipation, to break up fevers and colds, to clear up biliousness, indigestion, a pleurisy, a fever sore and other disturbances that show constipation. If You Want to Try It Free Before Buying "Syrup Pepsin," 24 Caldwell Bldg., Toronto, Ont. I need a good laxative and would like to prove what you say about Dr. Caldwell's Laxative Syrup Pepsin by actual test. Send me a free trial bottle. Address to Name Address Not more than one free trial bottle to a family

Sectional Book Cases Special reductions, all the leading makes—Oak, Walnut and Mahogany finishes. Globe-Wernicke Apartment Sectional NEW, low, graceful lines. You, too, should see this Universal. Other period designs. Robt. J. Reid Director of Funeral Services Ambulance Phone 577.