

Heart Trouble or Indigestion?

Heartburn, Pressure Around Heart, Palpitation, A Feeling of Fullness, Shortness of Breath. THIS SIMPLE 3-MINUTE TEST TELLS WHAT'S WRONG

While there are many people who really have Heart Trouble, there are many thousands more who are literally "scared to death" because they think they have it. To live in constant fear of Heart Failure is a terrible handicap, especially when probably 90 per cent. of the self-diagnosed "Bad Heart" symptoms—Palpitation, shortness of breath, difficulty breathing, a feeling of fullness or pressure around the Heart—are mainly caused by a sour, gassy, upset stomach. To prove that this is true and that your past worries have been a sad mistake—simply make this three-minute test and watch results!

Doctor Your Own Colds Safely

Dr. Hickey's Cough and Cold Remedies have proved a boon to hundreds of people in Kingston and vicinity for the home treatment of colds. THE SPEEDY RELIEF FOR COUGHS 25c., 50c., and \$1.00 THE SPEEDY COLD CAPSULES, 25c. THE ANALGIC RUB FOR CONGESTION 25c. and 50c. No Cough or Cold can withstand these famous time-tried remedies. L. T. Best PRESCRIPTION DRUGGIST Phone 50.

FOR SALE Bateman's Real Estate

DETACHED BRICK DWELLING—7 rooms, B. and T., electric and gas, H. W. floors, hot air; garden; central. \$2,000—Frame, 4 rooms, B. and T., electric light. \$3,000—Frame, 7 rooms, 3 p. bath, electric light and furnace. \$4,000—Brick, semi-detached, 5 rooms, 3 p. bath, electric light and gas, deep lot and garage. \$7,500—Brick, all modern, central. MONEY TO LOAN. CUSTOMS BROKER. ALL KINDS OF INSURANCE. 111 1/2 BROCK ST., KINGSTON

THE MUTUAL LIFE Is Canada's Leading Annual Dividend Co.

On modern Life Insurance contracts the dividends may be applied to reduce your annual premiums. Therefore the bigger the dividends the lower the cost of your insurance. Remember this when thinking of insuring. S. ROUGHTON, District Manager 60 BROCK STREET PHONE 410

When you are in need of any of the following work

- Call us for prompt service. PLUMBING REPAIRS TINSMITHING OR SHEET METAL WORK CARPENTER OR MASON REPAIRS PAINTING OR DECORATING ELECTRICAL WORK

McKelvey & Birch Limited

CANADA'S POWER TO BUILD UP INDUSTRY

Eighteen Million Horse-Power Available—Ontario Has Largest Turbine Installation.

Niagara Falls, March 1.—Eighteen million horsepower is available to drive the wheels of Canadian commerce. These eighteen millions to-day are tumbling down cascades and waterfalls rushing helter-skelter through narrow gorges or tumbling over rapids in a hundred streams and rivers of Canada. Three and a quarter million horsepower has already been harnessed by man for his needs and bit-by-bit the engineer is locking up more streams and turning them into the power that drives big turbines that in their turn make newspaper, supply light and power to cities and do a thousand daily chores in the industrial life of Canada.

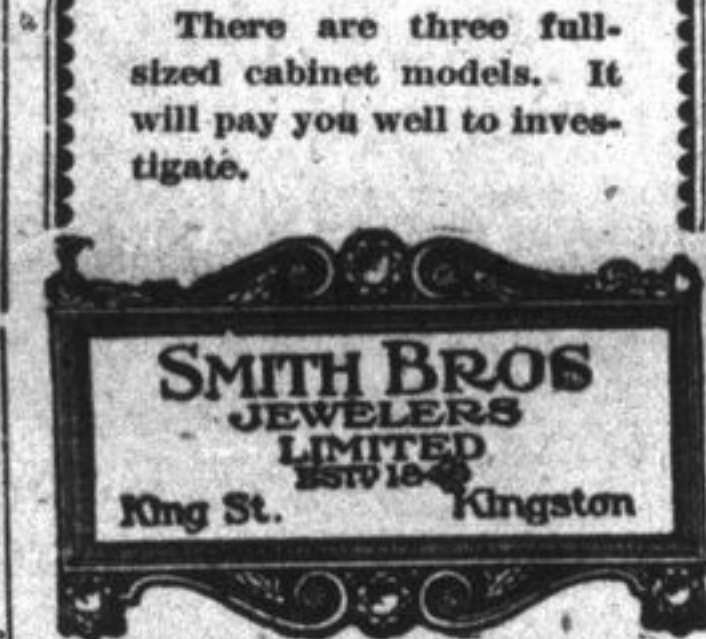
Remove Your Corns By Hot Foot Bath

By combining the hot foot bath with the dissolving action of Putnam's Corn Extractor, you quickly rid your toes of sore corns. Not a bit of pain, no disappointment, the corns drop out and leave the toe as smooth as silk. For such results nothing equals Putnam's Painless Corn Extractor. Satisfaction guaranteed. 25 cents at all dealers.



STARR PHONOGRAPHS AT LESS THAN COST

We are offering the remainder of our stock of these famous Phonographs at really remarkable prices. There are three full-sized cabinet models. It will pay you well to investigate.



Dr. Martel's Female Pills Have satisfied nature thousands since last half century, correcting cause, building up and strengthening organs, relieving DELAYED and PAINFUL MENSTRUATION, NEURVOSNESS, BACKACHE, DIZZINESS, etc. not dangerous drugs. Sold only in Sealed Hinge-Cover TIN BOX with our signature. Druggists everywhere, or direct by mail, plain package to Lakeshore Realty Co., 11 L. Front St. Toronto, Can. Circulars mailed on request.

manufacture of pulp into paper with huge additions to existing plants already planned and with new mills under way that will within the next few months bring the usage of waterpower in this industry to over a million. The balance is used for commercial stations and municipal stations for the generation of light and power which is distributed to about 70 per cent of the 2,788,483 people which the last census credits to the dominion.

Ontario Leads. Ontario is the province with the largest turbine installation with an estimated output of 1,387,246 with its neighbor Quebec a close second with a development of 1,196,549. Then there is a wide gap to British Columbia with a turbine installation of 387,000 and then comes Manitoba with about one-third of this amount. Alberta, New Brunswick and Nova Scotia come next with the Yukon developing 15,249 horsepower. Prince Edward Island 2,239. There is no record of any waterpower development in the province of Saskatchewan.

In spite of the war the waterpower development has nearly doubled since 1914. In that year the water power developed in central stations was 1,307,095 in pulp and paper mills 339,607 and in other industries 241,411 making a total turbine installation of 1,888,023. To-day the estimated total developed is 3,311,577.

Built Up Industry. No resource of the country has seen such phenomenal development in so short a time and none has reacted so favorably on industry. The development of the water power of the country has practically built up the newspaper industry of the dominion until to-day Canada is the largest newspaper producing country in the world.

Yet with only about one-sixth of her visible power developed there is a sum of over \$712,000,000 invested in the work which at the present rate of increase should have reached \$1,000,000,000 within the next ten years. Canada's position with regard to other nations not only in the amount already developed and energized makes a showing of which she may well be proud.

The heavy rise in the cost of coal has no doubt been a main factor in stimulating this development. The figures in thousands of horsepower installed in the various countries of the world since the war is as follows:

Table with 4 columns: Country, 1914, 1922, Inc. 1915, 1923, Per. Canada, France, Italy, Japan, Norway, Spain, Sweden, Switzerland, United States

Canada had a far greater per capita development than any other nation in the world before the war, except Norway, and while the increase since that time has not been as great as in some of the other nations, she has nevertheless made substantial progress and despite the great difference in population she stands second to the United States in total development.

HIS FOOT AMPUTATED.

William Lapointe Undergoes Operation in Kingston Hospital. Tichborne, March 1.—The storm on Wednesday and Thursday left the roads very heavy for travelling. The L.O.B.A. ball held in Orange hall on Tuesday night was a decided success. A number from here attended Oriental meeting at Parham on Friday night. The Ladies' Aid intend holding an old time tea-meeting on March 10th.

William Lapointe had his foot amputated in Kingston hospital on Monday last. It is reported that he is doing fine. His friends hope to see him home again soon. Mrs. T. N. Swerbrick spent week-end at Christie Lake. Miss McGinnis, of Ottawa, at A. R. Revell's; Mr. and Mrs. Joseph Steele at D. J. Howes; William Kennedy spent a few days in Toronto; Mr. William McKenna at Sydenham; Miss Jewel Thompson spent the week-end with her parents.

PLEVNA NEWS BUDGET.

Several Fire Extinguishers Are Placed in the Vicinity. Plevna, March 1.—The snowstorms of the past week were very severe, the roads, in some parts being impassable. J. F. Card is drawing logs to his new mill site in Plevna. J. D. Flack has completed his winter's lumber haul. P. J. Wensley passed through here Thursday on a business trip to Lavant Station. Rev. William Pointin spent the week-end with friends at Beach Corners. Ross Thompson, popular cheesemaker, has been successful in placing several fire-extinguishers in the vicinity. Mr. and Mrs. Stanley Kring and daughter were Sunday guests of Mr. and Mrs. Robert Lemke. Herman Ohlman spent Sunday with friends at Omphah. Mr. and Mrs. D. Albert and family at C. Barton's. Mr. and Mrs. D. White and daughter at T. Cousins.

George Naylor, Belleville, C.N.R. engineer, was badly injured in falling at East Toronto roundhouse. At Smith's Falls, on Friday, in an exhibition game Perth won out by a 10-5 score. Four large volumes were required to contain the will of a woman who died recently in London. California produces approximately 250,000 tons of sea salt each year. There are now thirteen monarchs and twelve presidents in Europe.

for Tonsillitis

Draw the pain right out of those swollen inflamed tonsils. Rub the throat with "Ben Gay." Don't use a substitute or imitation, but make sure pf quick relief by getting the genuine. Say "Ben Gay" to your druggist. BAUME BENGUE (ANALGESIQUE) The Original Baume \$1.00 For Free Sample Send 10c. to cover cost of packing and mailing. The Leeming Millie Co. Ltd., Montreal.

KIRKWOOD APOLOGIZES.

For His Accusation Against British Commons' Speaker. London, March 1.—In connection with a bill that was fathered by the Socialists in the House of Commons to nationalize the Bank of England being remitted, on the Speaker's orders, to the examiner of private bills for a decision as to whether the bill was admissible or not, David Kirkwood, Labor, accused the Speaker of having given such ruling because the bill struck at the root of the "hellish capitalist system." The Speaker, Rt. Hon. J. H. Whitely, sharply rebuked Kirkwood for daring to attack the integrity of the chair. Kirkwood quickly withdrew the offensive remark. He then proceeded to move a resolution giving the Speaker a certificate of character and said that nobody could have more respect for the Speaker than he himself.

If the bill in question had proposed to nationalize all the banks in Great Britain doubtless it would have been in order, but the Speaker apparently believed that in singling out a solitary bank it was a challenge to private interests, hence his action in sending it to the examiner of private bills.

Rheumatic Pains Go Swollen Joints Vanish

Thousands of sufferers have freed themselves from the bondage of rheumatism; rid themselves of the torturing pain; reduced the swollen joints; thrown away crutches and crutches; and from helpless beings became able to work and be of use to themselves and their families. They took Rheuma: the modern enemy of rheumatism, lumbago, sciatica, arthritis, and chronic neuralgia. Don't be skeptical about Rheuma. You will know better after being assigned the treatment that the poisonous waste matter is leaving your system through the kidneys. You will feel better in a day; you will know you are going to be helped in less than a week. There is no guess work about Rheuma bringing you back to health. That's why Jas. B. McLeod and Druggists everywhere sell it with guarantee of money back if it does not give quick relief.

THE NATIONAL CLEANERS AND DYERS Sanitary Steam Pressing and Steam Cleaning. Also French Dry Cleaning, Repairs and alterations. Corner Bag and William Streets Phone 2160. J. F. WALKER, Prop.

OLD ENGLISH RECIPE For Falling Hair and Baldness Thousands of people who find their hair coming out badly try various advertised hair tonics and hair growers with no result, and finally resign themselves to baldness and its attendant discomfort. Yet their case is not hopeless. The following simple home prescription in many instances has made hair grow again after years of partial baldness, and almost instantly stops any further loss of hair. It will not make the hair dry or greasy, is pleasant and easy to use, inexpensive and can be put up in a few moments by any good druggist. (Buy 2oz. Lavone (de Compose), 2 oz. Menthol Crystals, one-half drachm. Add a little of your favorite perfume. This preparation is absolutely harmless, but highly effective in growing hair. Ladies using this prescription should be careful not to get it on the face or where hair is not desired.)

A Delicious Treat And a Nourishing Food Willowdale Ice Cream PRINCESS PHARMACY Phone 2-0-1-8 for delivery

SORE THROAT IS A COMMON ALLERGY WHICH USUALLY CHECKS TIME MAY LEAD TO A SERIOUS CONDITION. A COUGH OR COLD MAY CAUSE IT. IT IS CAUSED BY BACTERIA. TREATMENT BEFORE IT IS CURABLE. TREATED AT ONCE MUCH INCONVENIENCE AND SUFFERING MAY BE AVOIDED. OLD AND RELIABLE REMEDY FOR IT. DR THOMAS' ECLECTIC OIL

PROBS:—Strong, northwest winds and colder to-night and Wednesday.



March Ushers in Fashion Week

In formal displays of Millinery, Ready-to-wear and Yardage Goods

- Suits Coats Wraps Millinery Frocks Dress Accessories Fabrics

You are cordially invited to view the new Spring Fashions to-morrow and the following days. A large and varied assortment of Spring's smartest fashions await you at this formal opening display, that takes place annually four weeks before Easter.

New Coats

The newest Coats wear Capes and there are many other smart conceptions of the new styles in an endless variety of color and fabric. Priced from \$10.00 up to \$150.00.



New Frocks

Curves everywhere replace straight lines. Frocks make up in fullness what they lack in length. Sleeves are long and the neckline is smartest when fashioned high about the throat. All the new styles, fabrics and colors are here, at popular prices.

New Millinery

The crown's the thing that characterizes the new mode. The small Hat still comes first in Paris and New York. And our showing depicts fashion rightness in shape, color and fabrics. Priced from \$3.50 up to \$18.50

New Suits

O'Rossen Suits arrest attention with their mannish, well-tailored appearance. Brevity of cut is the soul of smartness in their Coats, their Skirts are Wraps-around. Then too there are the tailored modes for Women. Priced from \$15.00 on up to \$75.00.

New Colors

In Ready-to-wear, Millinery and Yardage Goods include the dusty wood shades, new blues, new rose tones, lovely pastel shadings, love-bird green, with a sprinkling of Navy Blue and Black. All are included in our showing.

STEACY'S - Limited