

Her Nerves Were "All Broke-Up" She Could Not Sleep

Mrs. David Gallagher, 37 Lyndhurst Ave., Hamilton, Ont., writes: "My nerves were all broken up and I could not sleep at night, and I would have to get up out of bed and walk the floor for hours at a time.

After Using a Box of



I began to feel much better, and after using a few more boxes I could enjoy my rest as well as ever I could.

DR. J. C. W. BROOM

Dental Surgeon 180 Wellington Street, Phone 679. Evenings by appointment.

KINGSTON TRANSFER CO 152 WELLINGTON STREET Moves Freight, Steel, Building Equipment, Machinery, Safes, Pianos, etc. MONEY LOANED AGAINST MORTGAGES

CAR OWNERS ATTENTION

Now is the time to insure with an "ALL RISK POLICY" Protects you from LIABILITY, PROPERTY DAMAGE, COLLISION, FIRE AND THEFT

R. H. Waddell 56 BROCK STREET Telephone 826 and 898.

Was In Agony With Blisters On Hands Cuticura Healed

"Eczema broke out in very small blisters on the backs of my fingers. After a few days the blisters would break and then dry up. It itched and burned terribly and scratching caused very red eruptions. I could not put my hands in water or do any work without wearing rubber gloves. I could not sleep nights on account of the irritation, and was in agony most of the time. The trouble lasted about a year.

DR. RUPERT P. MILLAN DENTIST 84 Princess Street, Phone 1930

WELSH ANTHRACITE COAL Book your orders early for this wonderful Coal—30% more heat and very low ash content.

W. A. MITCHELL & CO. Telephone 67.

Dr. Vincent A. Martin DENTIST 272 Princess Street, Phone 105

DR. R. E. SPARKS DENTIST 120 WELLINGTON STREET

FOR SALE \$4,000—Division Street, 3 rooms, 4 bedrooms, 2 1/2 baths, electric and gas, vrandah, garage.

E. L. MARTIN 237 BACOT STREET PHONES: Office 229. Res. 1423M. or 1181F.

WILD GEESE

By Martha Oatenso.

Amelia knelt on the ground above the tomato vines. She felt cold and exhausted and exposed, as she had years ago after being up all night with one of the children during sickness. It was as if she had been dragged terrified out upon a stage to play the leading role in a tragedy at which the audience would laugh.

After a few minutes her mind became clearer. She had seen Mark Jordan. He was a man of the world, perhaps his friends were people who commanded respect and looked upon him with respect. Who was she, a common farm woman, to know what his life was or what it demanded of him? His face was proud, sensitive. He must never know. She would break under Caleb rather than have him know. Caleb's children could wither and fall like rotten plants after frost—everything could fall in to dissolution.

She carried the blanket indoors, thinking that it would be unnecessary to cover the tomatoes that night. The air seemed visible and intimate, as before rain. Her eyes wandered to the fields of tame hay and rye-grass that lay beyond the sheep pasture. There would be a tremendous yield this year. Always before, the sight of growth had somehow thrilled her, had struck a vital, creative chord within her that was otherwise left un sounded in this barren life.

Feeling that what had disturbed Amelia was at least for the present lulled, Lind approached her one day with a question. Mrs. Gare was gathering eggs in the barn mangers, and since it was Saturday morning, the Teacher had undertaken to help her.

Relation of the Liver and Kidneys -Such that such suffers when other deranged—Both regulated by Dr. Chase's Kidney-Liver Pills.

When the liver becomes sluggish or torpid in action, the kidneys have to help out with the work of filtration. When the liver fails the kidneys have all the work to do.

THOMAS COPLEY Carpenter 11 Phone 967

Dr. Martel's Female Pills Have assisted nature thousands of women in restoring, correcting, curing, building up and strengthening organs, relieving DELAYED, PAINFUL, MENSTRUATION, BILIOUSNESS, BACKACHE, DIZZINESS, etc.

GILLEX Most effective and economical for Washing Dishes Laundering and Cleaning Dissolves the Dirt! No grit - no odor - no waste Easy on your hands

THE BACKWARD SPRING

Ferneleigh, May 1.—The backward spring is making it disagreeable for the farmers to get on their land, as no seeding has been done as yet. The country roads are in a very bad condition, owing to the big flow of water. There are many washouts, so the cars are unable to get over them yet.

ELGINBURG DELEGATES.

To Conventions at Port Hope and Gananoque. Elginburg, May 3.—Rev. W. T. Mackenzie attended the Boundary Commission convention at Port Hope on Friday. He was the delegate from the Montreal Conference.

H. E. POLK, LOMBARDY.

Will Be One of Fiddler Contestants at Smith's Falls. Lombardy, April 28.—The young people of the village and vicinity had a very pleasant time at the dance on Friday evening last in the town hall.

Words Fail to Express How They Helped Me

Says Nova Scotia Woman About Dodd's Kidney Pills. Miss E. Marsters' Whole System Was Run Down. Summerville, N.S., May 3 (Special)—"I want to write and tell you how I appreciate Dodd's Kidney Pills."

LETTERS To The Editor Of The Whig

Diet as a Factor in Dental Diseases Sir:—Some years ago you published a series of short articles called "Talks on Teeth," by the present writer, pointing out some of the then known causes of decayed teeth, and the importance of good sound teeth, with special emphasis on the care of children's teeth, in relation to their health, and progress at school.

Parents have a very great responsibility in the care of their children. Not only in their moral welfare but in their physical welfare; and the one is not divorced from the other. They go hand in hand. We have been making the mistake of dividing life up into sections instead of considering it as a unit, and the inter-relationship of all its parts.

Excuse this little digression which is not irrelevant, and we will proceed with the subject, "Diet in Relation to the Teeth." I am going to make use of a paper read before the Academy of Dentistry, Toronto, March, 1926, by Percy R. Howe, D.D.S., Boston. With apologies to Dr. Howe I will proceed without using quotation marks; and will endeavor, as far as possible, so as not to take up too much of your valuable space.

Throughout all specialities in medicine today there is a growing tendency to return to a closer study of the fundamental processes of the body. No specialty has been keener to recognize this need than dentistry. Certainly there is no more fundamental process than that of the conversion of the raw material of the diet into tissue. It is in this process that life itself depends. Following the feeding of faulty diets to animals, we find tissue changes in various parts of the body, such as the eyes, the digestive system, the nervous system, and in the bones and in the teeth. On the other hand, animals that are fed on normal diet grow well, reproduce well, are extremely resistant to infections, and their organs are found to be in a state of health. The evidence that the diet is of fundamental importance in health is conclusive.

Methods of food preservation have reached a high stage of perfection, yet in all preserved foods certain elements are lost or their potency greatly diminished. Also many important elements are either extracted or destroyed during the various cooking processes to which all of our food is subjected. Owing to the character of our food preparations, perverted appetites are created, and in consequence foods are unappetizing for their taste or unpalatable; without regard to their nutritive value, so that the common phrase that we "live to eat," instead of eating to live, has some element of truth in it. There is no lack of food material, but a plethora, hence the need of a sufficient knowledge of the effects of various foods to enable us to intelligently select such as will give us health and sound teeth.

Diseases of the teeth relate especially to the subject of mineral metabolism. Note: Metabolism is a biological process by which on the one hand the food is built into living matter, and by which on the other hand the living matter is broken down into simpler products within the cell, or organism. It is the sum of the constructive and destructive processes. An extended study indicates that there are many things which may influence mineral metabolism and hence calcification of the teeth. In our next article we will consider food selection.

S. A. AYKROYD, Kingston, April 25th. LYNDBURST LADIES' AID. Elect Officers for Year—Dance on Friday Evening.

The annual meeting of the Ladies' Aid of the United Church was held Wednesday evening in the church. Reports read of the past year's work were encouraging. The following officers were elected: Honorary president, Mrs. W. Church; president, Mrs. F. W. Bresse, who has now held this office for fifteen years; vice-president, Mrs. J. Singleton; and vice-president, Mrs. Frank Wilton; secretary, Mrs. D. Wing; treasurer, Mrs. Ziba Jackson; missionary superintendent, Mrs. Winfield Sterry; organist, Mrs. Rutherford. A number from here motored to Kingston to hear Sir Martin Harvey. Tallman Robb has a new Chevrolet

Old Glazed Windows Some real bargains in large glazed windows for those who can make use of them for hot bed sash or any other purpose. Almost as good as new and at half the cost.

S. ANGLIN CO. LIMITED LUMBER YARDS, WOODWORKING FACTORY, COAL BINS, BAY AND WELLINGTON STREETS, KINGSTON, ONTARIO Private Branch Exchange Phone 1571.

coupe. Charles Galway has one of the new Ford cars. The Women's Institute held the April meeting at the home of Mrs. W. Sterry's. Invitations are out for a dance in St. Luke's hall, Friday evening, under the auspices of the L.O.B.A. ARDOCH CHEESE FACTORY. Is to Open on May 3rd—Repairs Going On. Ardoch, April 27.—The snow has practically all left us at last and some farmers have begun operation on the land. Miss Hazel Chalmers spent the week-end at the home of Charles Smith, Oscar Perry, of Fernleigh, cheese-maker and owner of Ardoch factory, in doing considerable repairing in preparation to the factory's re-opening on May 3rd. The cream trucks passing through here later on will also be patronized. Fred Hermer intends leaving in the morning as he has secured a position near Kingston. The trappers were somewhat cheered by the extension of the muskrat season. They hope for better results during the remaining days. The Misses Hazel Chalmers and Iola and Irene Smith spent last Wednesday evening with Mrs. E. Fraser, and the Misses Pearl and Gertrude Schomaker were guests of Miss Zilda Hartman on Monday before her departure for Kingston in the near future. The sugar-making season has come to a close and the quantity produced was far from the laborers' expectations. Lorne McDonald who has a position at Robertville spent Sunday with his family here. The young people purpose taking in the party at George Hermer's tonight. Mr. and Mrs. Gordon Winters were Sunday evening visitors at John Fraser's.

FOR Sour Stomach PHILLIPS' Milk of Magnesia Hereafter instead of soda take a little "Phillips Milk of Magnesia" in water any time for indigestion or sour, acid, gassy stomach, and relief will come instantly. Better Than Soda For fifty years genuine "Phillips Milk of Magnesia" has been prescribed by physicians because it overcomes three times as much acid in the stomach as a saturated solution of bicarbonate of soda, leaving the stomach sweet and free from all gases. Besides, it neutralizes acid fermentations in the bowels and gently urges this souring waste from the system without purging. It is far more pleasant to take than soda. Insist Upon "Phillips" Each bottle contains full directions. Any drug store.

COAL! COAL! We have in stock the famous Leggits Creek Anthracite—Stove, Chestnut and Pea—all high grade Coal. Also good stock of Pocahontas. See us before laying in next winter's supply. Our prices are attractive. DENNEE & MORRIS Phone 2444. YARDS: 37 BROOK ST.

FORT GARRY CAFE NOW OPEN FOR BUSINESS Everything new and right up-to-date. First Class Meals served on shortest notice. Special attention to Private Parties. EDWARD LEE, Proprietor 157 PRINCESS ST. PHONE 201.

Without Medical Examination SELECT MALE RISKS Premium Rates Ages 15 to 45 Policy Guarantees (1) \$2,500 for death from natural causes. (2) \$5,000 for accidental death. (3) \$25 per month for total and permanent disability and \$2,500 at death—no premiums payable during disability. EXCELSIOR INSURANCE LIFE COMPANY HEAD OFFICE—EXCELSIOR LIFE BLDG., TORONTO MAIL THIS TO-DAY H. D. WIGHTMAN, District Agent, Kingston, Ont. Send me full information about this "Dodd's Kidney Pills" My age is Name Address