

Whitewear Sale

We place on sale this week about \$300.00 worth of Whitewear Samples. The lot consists of Night Gowns, Skirts, Corset Covers, Drawers, Chemise etc. on every garment. You can save 25% on every garment.

HOUSE SALE
Our House Sale will continue all this week—Blouses \$1.15 to \$7.00 each the best values in the trade.

HOSIERY
300 doz. Hosiery now in stock 25c to \$2.00 pr.
Extra values all over the store.

Wims & Co



Give Your Child a Chance!

Every thinking parent will consider the welfare of his children, rather than allow pride or prejudice to interfere with timely help. If your child has defective vision it is dangerous to go without proper correction. The eyes of children are tender and susceptible to injury from eye strain. If taken into time they may be permanently injured by wearing glasses only a year or two.

ALEXANDER RAY
Exclusive Eye-Sight Specialist

Castle's Clothes Given to Belgians

Widow Presents Dancer-Aviator's Wardrobe to the Red Cross
New York, April 1.—The complete wardrobe of Captain Vernon Castle, the famous dancer and member of the British Royal Flying Corps, who was recently killed while instructing American aviators in Texas, was presented on Friday by his widow to the American Red Cross in its campaign to collect 5,000 tons of clothing for the destitute inhabitants of Belgium and Northern France.

Honor Roll
GRIFF ST. SCHOOL
Junior First—Mary Webster, Ellen Latta, George Belch.
Sr. Primer—Donald Anderson, Marie Boyle, Irene Hick, Nellie Waite.
Jr. Primer—Ralph Bailey, Evelyn Thrasher, Willie Morgan, Margaret Hedger, Eva Smith, Leslie Martin.
Class III—Ralph Sopher, Allan Leavitt, Eva Cadwick, Clarence Martin, Tommy Fyrell, Emily Townsend, Edith Page and Teddy Tollwell, equal.
Class IV—Grace Lindstrom, Jean Stewart, Jennie Martin, May Spafford, Jennie Springer.
A. Leonsberry, Teacher
Junior First Class—Arthur Key, Albert Reid.
Senior First Class—Jessie Bell, Clara Kennedy, Gladys Pomeroy, Charis Gibson, Godfrey James, Walter Waite.
Junior Second Class—Margaret Wickson, Jack Redfern.
E. Gestrell, Teacher
Junior Third Class—Bruce Smith, Ralph Turner, Fanny Springer, Basil Van Allen, Eric Bell, Helen Helen Welch, Pauline Artis, Norah Harris, equal.
Senior Second Class—Amy Cooke, Leda Bell, Ronald Robinson, Grace Cooke, Bessie Hart, Ernest Stewart, Jean V. Nicholson, Teacher
Sr. III—Doris Gibson, Nellie Gibson, Mary Cook, Frank Pollwell, Phyllis Crotney.
Jr. IV—Irene Sopher, Edith Morey, Garfield Anderson, Olive Wickson.
Sr. IV—Willard Worth, Phyllis Stewart, Ada Eves, Fred Miles, C. F. Simpkins.
Mrs. Wagner has returned from a tour of booking the Cherniavsky Brothers. It is understood a concert will be given here shortly. It will be well for those wishing to attend to phone for reservations to Doyle's drug store.

Food Board Makes Drastic New Rules For Restaurants

RADICAL CHANGE MADE AND EXCEPT CERTAIN CLAUSES GOES INTO FORCE AT ONCE

PRIVATE HOUSES LATER

No Wheat Products at Midday Meal And Pork at Morning MEAL ONLY

Ottawa, April 1.—A radical change in restaurant regulation has been ordered by the Canada Food Board and, except certain clauses, goes into force at once. These regulations contain many additional clauses and are more drastic than anything of the kind known in Canada heretofore. They apply to public eating places of all kinds, including hotels, restaurants, cafeterias, clubs, dining cars and steamships, or any places whatsoever where meals or refreshments to the number of twenty-four or more per day are sold or served to persons other than members of the family or household of the proprietor.

After these regulations have become familiar to the public as applied to public eating places, it is the intention of the board to have similar regulations, in so far as they are applicable, put into effect for private householders. The board is convinced that the greatest possible conservation of foodstuffs must be undertaken by the people of Canada, and that the time has come for very strict regulations and strict enforcement of them.

Penalties are provided for violation of the provisions of the order. Upon summary conviction before a police magistrate or two justices of the peace, restaurant keepers or others found guilty may be fined sums ranging from \$100 to \$1,000, or imprisoned for periods up to three months or be both fined and imprisoned. Fines go to municipalities or municipal officers institute proceedings; to the provincial treasurer if a provincial officer secures the conviction.

The board also gives notice that on and after the first of June, 1918, no person shall operate a public eating place without first having obtained a license from the Canada Food Board. The regulations do not apply to military, lumber, logging, mining, construction and fish curing camps and hospitals.

Summary of Regulations

The following is a detailed summary of the most important of the new regulations:
Beef and veal may be served at evening meal only.
No beef or veal may be served on Wednesday and Friday.
Pork may be served at morning meal only on Sunday, Tuesday, Thursday, and on Monday and Saturday.
Pork may not be served on Wednesday or Friday at any meal.
No wheat or wheat products shall be served at the mid-day meal.
Substitutes shall be served whenever white bread is served.

No public eating place shall serve more than one ounce of wheat bread or any product made wholly or in part from wheat flour, between the hours of 5.30 a.m. and 10 a.m., 11.30 a.m. and 2.30 p.m., and 4 p.m. and 9 p.m.

Sandwiches made from wheat bread and pork, beef or meat may only be served at railway lunch counters, but only at any time and at all times to bona fide travelers.

Public eating houses other than railway lunch counters shall serve sandwiches at the mid-day meal.

Public eating houses shall not serve sandwiches filled with beef, veal or pork during hours and on days that these meats are prohibited.

No Bread on Tables
Bread shall not be placed on tables in public eating house until the first course is served.

No more than two ounces of standard flour bread or rolls or any product made from standard flour, shall be served to one person unless on special request for second serving.

No more than four ounces of bread or any other product made from bran, corn, oats, barley, or other flour at any one meal to any person unless on special request for second serving. No bread less than 12 hours baked, shall be served in public eating houses, except in railway trains and steamships.

Bread as a garnish except under poached eggs is prohibited. Wheat flour dumplings in hot pies, meat stews or soups are prohibited.

On and after April 7, 1918, no bakery operated in connection with a public eating place shall make wheat bread or rolls, pastry or other bakery product from wheat flour other than the standard flour, or from flour containing a higher percentage of extract than standard, without written permission from the Canada Food Board.

In bakeries connected with public eating houses, the regulations governing bakeries shall apply.

Must Weigh Food
Meat and game shall not be served in larger amounts per person than the following portions weighed after cooking, not including bone:
Beef—8 ounces.
Veal—6 ounces.
Mutton and lamb—6 ounces.
Fresh pork—6 ounces.
Pickled pork—8 ounces.
Venison and other wild meats—8 ounces.
Ham—4 ounces.
Bacon—4 ounces.

Only one serving of meat or other food or food per person shall be served at any meal.
Not more than one-half ounce of butter or oleomargarine may be served

ed except upon special request, and then not more than one-half ounce may be given.

Sugar receptacles shall not be left on dining tables or counters, except in railway trains and steamships. Not more than two teaspoons or equal weight of cane sugar shall be served for the purpose of sweetening beverages.

Sugar for any purpose shall be served only when called for.

Cards to be Displayed

From and after April 7, 1918, printed cards must be prominently displayed in public eating houses so as to be easily read by all guests, bearing the following notice: "All persons in ordering their food ought to consider the needs of Great Britain and the Allies for wheat, beef, bacon and foods that the Canada Food Board desires the public to do everything in their power to make these commodities available for export by eating as lightly as possible of them, and by making use of substitutes and avoiding waste."

Or in lieu of such prominent notice same shall be printed in red on all menu cards.

Jack Canuck's Treasure House

Has enough been said about the children of Jack Canuck's Treasure House?

Those who saw the play, will understand the charm of the numerous little ones as they acted the Fairies, the crowning presence in their midst, charming the Peary Gates and Golden.

Surely the key to Jack Canuck's Treasure House holds no more sacred trust than the children; and in speaking of local talent surely we have it in the appearance and efforts of the charming little ones as brought before the public in Jack Canuck's search for the lost key. We cannot but speak words of praise and applause for our treasures of boys and girls, the manliness of the Boy Scouts as they did their part in search and in song to show their zeal for right and security of the treasure entrusted to their care.

These boys and girls, the beauty of a nation and the grandest treasure that a country has to guard, will yet figure largely in the real play of keeping the "Key" to Jack Canuck's Treasure House, and surely no land under the sun can boast of fairer treasures than Canada's boys and girls.

A Good Name

Children choose it.
Don't refuse it.
'Tis a precious diadem.
Highly prize it.
Don't despise it.
You will need it when you're men.
Love and cherish it.
Keep and nourish it.
'Tis more precious far than gold.
Watch and guard it.
Don't discard it.
You will need it when you're old.
—Observer.

Know Them by the Friends They Make

WHY DODD'S KIDNEY PILLS HOLD THEIR POPULARITY

Dame Clement Collins Tells Why She Recommends Them to Her Friends—How They Have Made Their Reputation.

Breche A Manon, Que. April 1.—(Special.)—Among the many friends Dodd's Kidney Pills have made in this part of Quebec is Dame Clement Collins, a well-known resident of this place. "I received great relief from Dodd's Kidney Pills," is the reason she gives for always recommending Dodd's Kidney Pills to her friends, and she adds that the great deal of her health and vigor is due to help she got from the great Canadian kidney remedy.

"Dodd's Kidney Pills hold their popularity not because of the promise they make, but because of the good they do. They are no cure-all. They are purely and simply a kidney remedy. The reason they are credited with cures of rheumatism, heart disease, dropsy, etc., is because all these diseases are caused by sick kidneys. Cure the kidneys, and the cause of the disease is removed.

Dodd's Kidney Pills have made their reputation as a kidney remedy by the cures they have made. Ask your friends about them.

School Report

S.S. No. 15, TYENDINAGA

Jr. Fourth—Muriel Embury, Veronica McAvoy, Fred McConnell, Raymond McAvoy, Hazel McConnell, Helen Doyle, Edwin O'Connor, Alfonso Doyle.

Third Class—Maud McLaren, Lena Allore, Harold McAvoy, Nina Conley.

Senior Second—Agnes McAvoy, Mary Cullen, Dora Fields.

Junior Second—Herbie McConnell, Tom Doyle, Primer—Zita Doyle, Mona McAvoy, Clara O'Sullivan, Rita Murphy, Dick McConnell, Eva Little, Tom Cullen.

L. A. Doyle, Teacher.

THE FINAL PHONOGRAPH

The Brunswick is the kind of a phonograph that plays all records sweetly, beautifully and perfectly.—Donald G. Blecker, Chemist.

HOW TO GET RID OF RHEUMATISM

"Fruit-a-lives" Point the Way to Quick Relief

Vernon, Ont.
"I suffered for a number of years with rheumatism and severe pains in my side and back, caused by lifting and heavy lifting. When I had given up hope of ever being well again, a friend recommended 'Fruit-a-lives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your wonderful fruit medicine."

W. M. LAMPSON.
"Fruit-a-lives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—or sent postpaid by Fruit-a-lives Limited, Ottawa.

That Netherland Seizure of Ships

Written for The Ontario By Chas. M. Rice, Attorney at Law Denver Col.

When the war started the entire Allies took possession of whatever shipping they required that happened to be in their ports. Germany released neutral ships in the Baltic to supply her needs from adjoining nations. British private shipyards were then building battleships for South American nations, and these were duly commandeered for subsequent use in the British navy, as per custom.

When the U. S. declared a state of war with Germany private yards were building merchant ships for a number of neutral European and other countries. Naturally the shipping board requisitioned them. This is the law of nations. Owners will see their claims adjusted now or after the war.

On the entry of this country in the world dispute a new freight condition arose as between the European neutrals and the U. S.

Until then we had indulged in a free-and-easy exchange. Washington insisted for the British blockade should not be too thorough in order that the neutral fringe of nations surrounding Germany might have opportunity to buy here, and sell where they wished.

A clamp was put down, however, very soon after the declaration of war by the U. S. No longer should these trading nations be a source of supply to America's enemy. In consequence there was tie-up of neutral shipping. The Netherlands had seen their claims adjusted in Norway, in particular, having suffered from the German submarine.

For nearly a year now the Dutch have had to bear the cost of carrying. For several months the people of Holland have been crying out in account of food scarcity in that country.

When it was proposed to cut the "Gordian Knot" and permit Holland so much in supplies for her own use in return for the use of her shipping, Germany insisted that as usual threatened Holland, and it became a delicate situation.

President Wilson and the British authorities, that have the same situation to deal with, took time and did all that was possible to reach an amicable understanding with the Holland Government.

With the well known German ruthlessness staring them in the face it was difficult for Holland to accept any amicable arrangement that might be proposed by the Allies. So it has come about that the Allies have taken a step that ought to be regretted by the German.

The Dutch ships have been seized and have levelled at the coast instead, as they are better able to bear it. The Dutch ships have been seized and have levelled at the coast instead, as they are better able to bear it.

The desperate position Germany finds herself in, with the demands of war ever increasing with her poverty, for she is practically a bankrupt, Holland has little to fear from that quarter.

The German Mark is quoted, even in the friendly countries of Switzerland, Spain and Sweden, at only 50 per cent of face value, which means either that a rate of taxation upon her industries for the payment of interest on her vast indebtedness of over \$20,000,000,000, is financial paralysis and total collapse or repudiation of the Turkish-Bulgarian-Austro-Hungary and German war debt.

One of New York's leading financial authorities sums up the German situation as follows:—"The German people are suffering for food, ordinary business is destroyed to make way for war work, overseas trade is starting them in the face." Hence the quarrels on the German mark.

Measures their credit beyond the influence of big guns.

In defiance of these forces the devalued German people have put up a great deal, and no doubt will go on to the bitter end, where her country will present her opponent with the charred remains of a nation.

Only the opinion of the man, which her enemies see fit to concede, Holland, surely, has nothing to fear.

Ex-Chief Hill Has Returned

Mohawk Leader From Reservation Home From Front.

Among the returned men who reached Kingston on Friday was Pete Hill, of the 21st Battalion, who left Barriefield camp with the 50th Battalion. Pete Hill is a Mohawk and a past chief of the Mohawks of the Deseronto reservation.

He has been a soldier for many years and has attended a great many camps at Barriefield as a non-commissioned officer of the 15th Regiment of Belleville. Ex-Chief Hill is one of the best instructors in the district, having taken many certificates of qualification. Before leaving England he was offered a position as musketry instructor, but his condition made him decide that it was best to return to Canada. He was wounded in the right shoulder and side in France, and is suffering from heart trouble as a result of his experiences overseas.

W. M. LAMPSON.
"Fruit-a-lives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—or sent postpaid by Fruit-a-lives Limited, Ottawa.

Lightning Rods Are Necessity

Mutual Fire Underwriters in Annual Session Seek to Minimize Loss.

The value of lightning rods was impressed upon the Mutual Fire Underwriters' Association of Ontario at its annual convention in the Carlton Hotel Tuesday, March 26th by Deputy Fire Marshal Lewis Lightning, according to the Fire Marshal, was responsible for more than one-half of the total amount of Mutual losses during 1917 and this, he claimed, could have been prevented by a good installation of lightning rods. The significant statement was made that out of 1,600 fires caused by lightning with a loss of \$116,164, in no case was the building struck properly equipped with lightning rods.

Mr. Lewis asked for co-operation between his department and the insurance men and pointed out that through a comparatively small investment this enormous wastage could have been prevented. The total fire losses for the Dominion during the past year were \$55,000,000. He gave illustrations of his work in attending to dual claims for insurance and other apparently unexplained work in claims. It was surprising how many fires there were from spontaneous combustion he said, in answer to a question, although some people doubted such a cause.

To Minimize Fire Losses
Mr. James Ross of Waterford, the President was in the chair and he also touched on lightning with reference particularly to farmers' losses in the field from wire fences. He also touched upon losses to barns through the careless use of lanterns. Mr. Ross also brought up the subject of an amendment to the Railway Act which would make it compulsory for fire losses from railway engines Mr. V. Chisholm of Glangary had met the Railway Committee with such an end in view.

H. E. McCreary Badly Wounded

Bellefleur Boy Enlisted in West With 197th Battalion

The following telegram was received yesterday from Ottawa, in regard to Private Harry Earl McCreary, third son of Mr. and Mrs. Andrew McCreary:

"I sincerely regret to inform you, 187112, that Harry Earl McCreary, infantry officially reported dangerously wounded, a casualty clearing hospital, March 28th, 1918, gunshot wounds to head and face, skull fractured. Director of Records.

Harry was well and favorably known in Bellefleur where he was born and educated, and was engaged with the happy faculty of making friends. It is not to be wondered that such as he applied for admission to the Canadian Expeditionary Force, and cheerfully went about their duties. He had of late years been in the employ of the Canadian Pacific Railway at Winnipeg, and left there with 197th Battalion as a Sergeant, but in England he reverted to a private and as such proceeded to the war zone in France.

Since serving in France he had won back one stripe, and was in charge of a gang of trackmen assisting in the maintenance of the railway lines when last heard from.

Those who know him best are proud of him and his service to the Empire and are resting content that he fell while courageously performing his duties. We trust that he may be spared to again take his place amongst us here.

Coal Was Soft

Two foreigners, in a Manitoba town, as the result of an altercation in which Pete was severely wounded in the head, faced the presiding magistrate.

"We understand, Tony," said the court, "that you hit Pete on the head with a lump of hard coal, in a very grave charge, indeed."

Tony's face showed the injustice of the charge, when he replied, "No, no, no, only took Pete with lunk soft coal."



Sinclair's Easter Week Display

For Easter week we invite your inspection of our wonderful display of

- Ladies' Spring Suits
- Ladies' Spring Coats
- Ladies' Silk Dresses
- Ladies' Silk Dress Skirts
- Ladies' Cloth Dress Skirts
- Ladies' Silk Waists
- Ladies' Lingerie Waists
- Ladies' Rain Coats

New Dress Silks

We are now making a very choice showing of Fancy Stripes and Large Plaid Silks, the latest things for Ladies' Silk Dress Skirts. Prices \$2 \$2.50, \$3 and \$3.50 yd.

Spring Corset Models

Every New Model as shown by the Kabo Corset Co., the D. & A. and C. C. a la Grace makes, is now being shown in our Corset Department, and we have a model designed to Fit Your Figure

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