LLOYD GEORGE, DISPLAYING A FINE TOUCH OF SARCASTIC HUMOR, WONDERS IF POINCARE FORGETS WHY HE WENT INTO THE RUHR

"No One Knows the Terms Upon Which the French Army Is Prepared to Evacuate"—"The Government Is Tied to Saddle of Its Charger and Is Forced to Go On."

FEW POSSESS COURAGE TO ADMIT BLAME

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London, March 10.—When you have walked some distance into quicksand and are sinking deeper and deeper with every step you take, it is always difficult to decide whether you are more likely to reach firm ground by pressing forward or by going backward. You must do one or the other. You cannot just stand fast, for that is inevitable destruction.

The French government clearly are of the opinion that safety lies in marching further into the quagmire. So three more German cities have been occupied, more burgomasters and officials expelled, more men and boys shot in the streets, more black troops imported, more regulations and more decrees issued; there are more depressions of French, Belgian and Italian exchanges, more confusion in everybody's business, in Central Europe—in a sentence, everywhere there is more quaking and less solid soil.

Had it not been for this fatuous invasion, France would during the past six or seven weeks have already received from the Ruhr nearly 3,000,000 tons in coal and in coke. The total shortage as compared with the promises of Spa was only eight per cent. France has actually received 50,000 tons during the whole of this period. A swarm of engineers, railwaymen, bargemen, officials of all kinds and hotel waiters, supported by a formidable army of nearly 150,000 men, have in six weeks produced this ridiculous output. No doubt the amount will later on be increased by further pressure and by pouring in more railwaymen, but it will be a long time before France receives her Spa quota, minus eight per cent, and then there will be some months' arrears to make up.

No wonder that M. Loucheur stated flatly in the French Chamber that he did not approve of the Ruhr enterprise. He has one distinct advantage over the Ruhr plungers—he does know something about business. He can boast also of another gift, possession of which is not without significance when you consider his present attitude. He is an admirable judge of tomorrow's weather. That is a rare endowment amongst politicians. Any simpleton can tell you which way the wind is blowing today, but it requires a man of special insight and experience in these matters to forecast the direction of the wind tomorrow.

A Weather Prophet.

M. Loucheur is one of those exceptionally well equipped weather prophets. So he satisfies the opinion of today by giving his support to M. Poincare, and he safeguards his position against the morrow's change by stating clearly that he does not approve the policy he supports.

I have read no declaration from any French statesman of eminence—with the doubtful exception of M. Barthou—indicating belief in the wisdom of the venture. And yet French courage, French pride, French loyalty, French patriotism—and maybe French blood and treasure—are committed irretrievably to a reckless gamble which most of the responsible statesmen who led France by their wisdom through her great troubles regard with doubt, anxiety and apprehension.

Will the French government try to extricate themselves from the difficulties into which they have precipitated their country and Europe? I fear not. Heedlessness rushes a man into danger. It needs courage to get out. And when getting out involves an admission of blame, there are few men who possess that exalted type of courage.

There are other reasons why the present government of France will flounder further into the quicksand. When governments make mistakes in England, the threat of a parliamentary defeat or a couple of adverse by-elections pulls them out roughly but safely, and the government starts on a new course amid the general satisfaction of friend and foe. The Willesden and Mitcham elections have rescued the British government from one of the most hopeless muddles into which any administration has ever contrived to get its affairs.

Cannot Arrange Overthrow.

Under similar circumstances in France a change of government is negotiated with amazing dexterity and celerity. But you cannot arrange the preliminary overthrow of an existing government unless there is someone in the background ready and willing to form the next. There are generally two or three outstanding men of high repute prepared to serve their country in any emergency.

The trouble today in France is that every alternative leader disapproves of this enterprise and believes it must ultimately fail. On the other hand there is no prominent figure in French politics prepared to take upon himself the odium of sounding a retreat. It would always be said that success was in sight and that had it not been for the new minister's cowardice and perfidy France would have emerged triumphantly out of all her financial worries. No French statesman dare face that deadly accusation. So the present French Government is tied to the saddle of its charger and is forced to go on.

Another explanation of the difficulty of withdrawing is to be found in the increasing fury of the original fomenters of this rashness. The more fruitless the enterprise, the greater the energy they display in lashing the government further into its follies.

Last week I gave a summary of the ambitious plans they had conceived for syndicating European resources under French control. The industries of Europe controlled from Paris—that is their magnificent dream.

This week they propound a new treaty which is to supersede the Treaty of Versailles. Boundaries are to be revised, rich provinces and towns practically annexed; Ruhr coal is to be harnessed to Lorraine coal, and Germany, having been further mutilated and bound, is to be reduced to a state of complete economic subjection.

Britain Not Invited.

There has been nothing comparable to these ideas since the Norman conquest, where the Saxons, having first of all been disarmed, were reduced to a condition of economic thraldom for the enrichment and glorification of their new masters.

Needless to say, Britain and America are not to be invited to attend this new peace conference. They are to be graciously informed of the conditions of the new peace when it is finally established by French arms. The British Empire, which raised millions of men to liberate French soil from the German invaders, and which lost hundreds of thousands of its best young lives in the effort, is not even to be consulted as to the settlement which its losses alone make possible.

America, who came to the rescue with millions of its bravest, is barely worth a sentence in these ravings of brains intoxicated with an unwholesome mixture of hatred, greed and military arrogance. The French government are not committed by any overt declarations to these schemes, but it is ominous that they issue from pens, whose insistent prodding has driven this government on to its present action.

Up to the present, no repudiation has come from the head of the government or from any of his subordinates. The very vagueness of his published aims would leave him free to adopt any plans. Pledges for reparation and security will cover a multitude of aggressions.

The British government have just issued, as a parliamentary paper, a full report of the proceedings of the Paris conference. It is an amazing document. So far as I can see, no real endeavor was made by any of its members to prevent the break-up. At the first failure to secure an agreement the delegates threw up their hands in despair and sought no alternatives.

Did Not Try To Agree.

The agreed about nothing except that it was not worth while spending another day in trying to agree. Even M. Theunis, the resourceful Belgian premier, had nothing to suggest. A blight of sterility seems to have swept over the conference. On this aspect of the fateful and fatal conference of Paris I do not now propose to dwell. I wish to call attention to it for another purpose.

I have perused the Blue Book with great care. I was anxious to find out exactly what M. Poincare proposed to demand of Germany as the condition of submission to French will. What was Germany to do, if she was anxious to avert the fall of the axe? I have read his speeches and annexes in vain for any exposition of these terms.

It is true he was never asked the question. That sounds incomprehensible. But everyone engaged was in such a huryy to break up the conference and thus put an end to disagreeable disagreements, that it never seems to have occurred to them to ask this essential question. And the party principally concerned was not represented. The result is that no one knows the terms upon which the French army is prepared to evacuate the Ruhr. Mr. Bonar Law could not explain when questioned in the House of Commons. I am not surprised, for no one has ever told him, and he never asked. I am sure that by this time M. Poincare has quite forgotten why he ever went into the Ruhr. For that, amongst other reasons, he will remain there until something happens that will provide us with an answer. Most human tragedy is fortuitous.

FIGURES IN THE RUHR EXPERIMENT.
Left, Premier Theunis of Belgium. Right, M. Loucheur, French statesman, who, while disapproving of Poincare's policy, continues to support the French premier.

OLDEST METHODIST MINISTER IN CANADA.
Here are Rev. Edward Cragg of Calgary and Mrs. Cragg, who recently celebrated the 64th anniversary of their marriage. Mrs. Cragg is 85 and Mr. Cragg is 93, but he is young enough to be able to explain by radio a few nights ago how and where he first met Mrs. Cragg. Mr. Cragg is said to be the oldest Methodist minister in Canada and still preaches occasionally.

Safe Fat Reduction

Reduce, reduce, reduce, is the slogan of all fat people. Get thin, be slim, is the cry of fashion and society. And the overfat wring their hands in mortification and helplessness; revolting at nauseating drugs, afraid of violent exercise, dreading the unwelcome and unsatisfying diet, until they hit upon the harmless Marmola Prescription and learn through it that they may safely reduce steadily and easily without one change in their mode of life, but harmlessly, secretly, and quickly reaching their ideal of figure, with a smoother skin, better appetite and health than they have ever known. And new comes Marmola Prescription Tablets from the same famously harmless formula as the Marmola Prescription. It behooves you to learn the satisfactory, beneficial effects of this great, safe, fat reducer by giving to your druggist one dollar for a case, or sending a like amount to the Marmola Company, 4612 Woodward avenue, Detroit, Mich., with a request that they mail to you a case of Marmola Prescription Tablets.—Advt.

Chapped Hands

Chapped hands, or face, or lips? Brisk winter winds will roughen the skin and lips. Apply a little "Vaseline" Camphor Ice to the irritated parts. It will penetrate, soften and heal.

It comes in convenient tubes and tin boxes—for sale at drug and general stores.

CHESEBROUGH MANUFACTURING CO. (Consolidated)
1880 Chabot Ave. Montreal

Vaseline
Trade Mark
CAMPHOR ICE
Every "Vaseline" product is recommended everywhere because of its absolute purity and effectiveness.

Influenza

Physicians advise keeping the bowels open as a safeguard against Grippe or Influenza.

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
A LUBRICANT—NOT A LAXATIVE

COUNCIL QUESTIONS MANY EXPENDITURES

Much of Money Spent Beyond Civic Control, Says Ald. Colbert.

TOWN-PLANNING CUT

Board of Education May Be Asked to Reduce General Expenditure.

"Of what use is a city council?" was the unexpected query at last night's council meeting from Ald. John Colbert. "There are so many uncontrollable expenditures, that we may as well leave it to the city treasurer and a couple of clerks."

The "town planning estimates" were cut in two last night, the mayor and Ald. Burdick both favoring obliteration. "Chucking money away," commented the latter.

"You can't make a new town out of an old one," added Ald. Watt.

"Not without paying for it," supplemented Ald. Hayden.

Ald. Watt suggests that the board of education collect its own taxes, in order that the people may see who is spending the money.

"Yes, they are using $71,000 more this year than last," explained Ald. Drake.

Lets Talk It Over.

Mayor Wenige and Ald. Judd favored a conference to talk it over with the school board. It was just possible the board of education would reduce their general expenditure 50 per cent, if they were asked. Ald. Burdick didn't think so, but he would join the debate upon short notice.

"We can't let the city go to the dogs," advised Ald. Hayden, while Ald. Drake feared that a fearful howl of protest would emanate from the electorate the moment that any rate above 34.9 was struck.

"We can't afford a higher tax rate with the increased assessment," directed the mayor.

"No, that would be criminal," admonished Ald. P. J. Watt.

"We are the goats for the most of this tax rate," reminded Ald. Judd.

Educational Expenditure.

Ald. Burdick made the significant discovery that the board of education was responsible for 15 mills, which, with 13 mills for past debenture issues, totalled 28 mills, before any start was made. The board of works is compelled to carry on with a bare 2 mills.

"The whole country is going broke if it keeps up," warned Ald. Colbert.

Then Ald. Watt diverted attention again to an impromptu consideration of the police estimates.

"In 1918, the O. T. A. orators told us," he related, "that before long the police chief would be market clerk, chief constable, and bell ringer. Now, I understand, instead of that, the expenses of the police department are running up each year. It's time to call a halt in that direction. For instance, regard the salaries there."

"They're getting too much," concluded Ald. Patterson.

ADDRESSES MOTHERS' CLUB, ON CONDITIONS DURING WAR

The Cronyn Memorial Mothers Club held their regular monthly meeting on Thursday afternoon in the Parish Hall.

In the absence of the rector, the Rev. Quintin Warner, the opening exercises were conducted by R. E. Heathcote, who acted as chairman of the meeting. A warm welcome was given to the Hon. Mrs. Shuttleworth King, who gave a most interesting address on the conditions in the county of Lancashire, England, during the early days of the war. At the conclusion of the meeting, afternoon tea was served by a committee under the convenership of Mrs. Percy and Mrs. Edwin Lee.

The following officers were elected for the coming year: Hon. president, Mrs. Alicia Wigmore; president, Mrs. Legg; first vice-president, Mrs. Bunting; second vice-president, Mrs. Brock; recording secretary, Mrs. Boyce; organizing secretary, Mrs. Ellison; new members of the executive, Mrs. Anderson, Mrs. Fenn, Mrs. Alport, Mrs. Chamberlain, Mrs. E. Lee, and Mrs. Tucker.

SLEEPING SICKNESS DROPS.

New York, March 10.—The number of sleeping sickness cases reported to the health department yesterday decreased one-third. Fifteen cases were recorded Thursday and ten yesterday.

LAST NIGHT'S REVIEW "JUST REGULAR WORK"

Miss Edna Holland Says No Special Effort Was Made for Entertainment.

NO SPECIALIZATION

Costumes and Spotlight Only Added Frills in Successful Program.

"You mustn't let anyone labor under the delusion that last night's performance was a special effort to 'play to the grandstand.' It was our regular class work, dolled up with costumes and the spotlight."

Both the triumph of achievement and the lesser glory of "clearing up afterwards" fell to the lot of Miss Edna Holland, who was interviewed by The Advertiser this morning at the armories, where with two handmaidens from the gym classes, she was putting the gaunt building again into its military trimness.

"Everything we showed last night," she said, "was a part of regular gymnasium and drill work. We had no practices in the armories, and a few after-four classes was all the extra training the girls had. The review really marked the conclusion of our winter's work. Next week we give up the indoor gymnasium work to a large extent, and start on our outdoor games."

No Specialization.

Folk dances were an outstanding feature of the Friday night review, and Miss Holland was asked if there was any attempt made to specialize in this sort of thing.

"I don't make any attempt to specialize in anything," she said. "I want to see every girl an all-round sport. The dancing, club swinging, drilling and games, are each an essential part of a girl's physical training. No one feature is sufficient."

Miss Holland spoke of Barbara Dickinson, the senior pupil, whom she trained for the pretty "Daisy Dance."

"That was my nearest approach to specializing, but Barbara is an all-round athlete, and she is trained to basketball and drills, as well as to dancing."

Every Girl Eager.

"Of course for last night's work, since all the girls could not take part, I tried to pick out the best, but every girl in the school was eager to be in the club swinging, and at the last minute there was such a mad rush for clubs that in the end several of the better swingers had to be left out, since no clubs could be found for them. I took that as an indication, however, of the keen interest the girls have in the gym work.

"Dancing? We don't bother about that very much at the collegiate. The girls are developing such an interest in their work that dancing outside the school offers little attraction for them. One striking advantage of our gym work is that, as well as training the bodies of the girls, it keeps their minds on their school and away from the more distracting pleasures outside it."

WILL ADD GYMNASIUM TO ASKIN ST. SCHOOL

Trustees Decide on Addition to Sunday School Building to Cost $20,000.

The sum of $20,000 will be expended by the board of Askin Street Methodist Church in making an addition to the present Sunday school.

This was the decision of the board when, at a special meeting last night, they approved of the final plans and estimates prepared by a committee composed of J. F. Maine, William Copp and Charles Talbot.

This addition to the Sunday school will be so built that it can be used as a gymnasium, as well as a classroom for junior pupils and it is expected that construction will commence as soon as the snow leaves the ground.

It will be of the latest style in gynasium construction and will contain a number of shower baths and rest rooms.

It is the intention of the board of trusteees to let the contract for its erection as soon as possible and it is expected that this will be done this week.

Finds $400 Pearl In Oyster Shell

Went Into Restaurant Just to Please Friends.

Detroit, March 10.—William E. Bender, 10545 Mack avenue, does not like oysters. But, in view of the fact of what happened at a restaurant a few blocks from his home yesterday afternoon he thinks he may be able to overcome his prejudice in the future.

"Come on, let's have some oysters," a group of friends suggested as they strolled in Ben's restaurant, 10711 Mack avenue.

"But I don't care for them," responded Bender.

Under the admonition of his friends, Bender took some of his friends. Bender took some on the half shell. "There, what did I tell you," he said, removing something about as large as a bean from his mouth, as he bit into the first one. "They are full of stones."

"Haw, haw," chortled his companions.

But their laugh of derision was one of envy when they examined the supposed stone. It turned out to be a pearl.

"It's one of the best I have seen in a long while," said a downtown jeweler later. "I'll give you $400 for it."

Bender refused the offer.

BISHOP WILL LECTURE ON THE PASSION PLAY

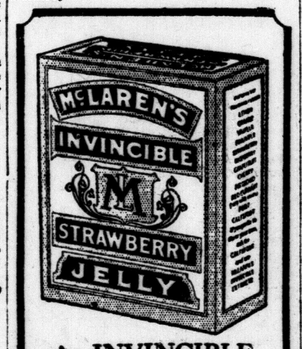
Feature of Irish Concert in the Catholic Club Auditorium on Thursday Evening.

The feature of the Irish concert to be held in the Catholic Club auditorium on Thursday next will be an address by Right Rev. M. F. Fallon, Bishop of London, on the Passion Play of Oberammergau, which he visited in his tour of Europe last year.

The rest of the program will be musical in character, the opening number being a selection of Irish airs by the Vita Orchestra. Following this, the chancel choir of St. Peter's Cathedral will sing "Erin, You're Wearin' a Wonderful Smile," by Costello. Soloists for various parts of this number are Terence Dromgole, Bert Niosi, Sam Forworthy, William Mullins and Edward Storey.

The favorite old song "Eileen Alannah" will also be included in the numbers rendered by the choir. "The Kerry Dance" will be sung by Miss K. McLoughlin, and "Phantom Legions" by the choir.

Accompanists for the evening will be Teresa Hemsworth and Gertrude Manley.



An INVINCIBLE Treat

Everyone in the family will enjoy the delicious desserts made from McLAREN'S INVINCIBLE Jelly Powders.

Sixteen Fruit Flavorings.

Easy to make Economical.

1 Package Serves Eight People.

Ask for McLAREN'S INVINCIBLE

Made by McLARENS LIMITED, Hamilton and Winnipeg. 7

BANKER'S SUICIDE LEADS TO CLOSING OF CHICAGO BANK

Logan Square Savings Bank, With $2,700,000 Deposits, Suspends Business.

BOOKS TO BE PROBED

Checks Totaling $61,000 Found on President's Body in Auto on Lonely Road.

Special to The Advertiser.

Chicago, March 10.—Doors of the Logan Square Trust and Savings Bank, with deposits of $2,700,000, were closed today, following the suicide of Fred W. Popp, president of the institution. Investigators, who examined Popp's body, found in an automobile on a lonely farm road, discovered $61,000 in cancelled checks. The checks were drawn by Paul Popp, son of the president, on the Republic National Bank of St. Louis, payable to himself, and indorsed by him, police said.

"I gave him that check before I went to California two months ago," the son said. "It was my own personal account. I do not wish to talk about it further. I wish that it could be kept out of the newspapers."

Decision to close the bank was reached in the early hours today, after an all-night conference of directors with H. F. Savage, chief bank examiner for Illinois. Savage said it was deemed best to suspend business until a complete examination of the books could be made.

LOCAL ARTISTS APPEAR IN VETERANS' BENEFIT

Arrange Delightful Program for Sunday Concert in the Majestic Theatre.

A sacred concert will be given Sunday evening in the Majestic Theatre at 8 o'clock, at which there will be a silver collection in aid of the tubercular veterans in Byron Sanatorium. Mrs. Schofield, Harry Carson and Professor Kalaine, local artists, will assist. The theatre has been loaned for the occasion by the Marie Gladke Players.

The program, which is both lengthy and interesting, is as follows: March, "Independence," R. B. Hall; "The Caliph of Bagdad," Boreldieu; solo, Harry Carson (selected); "Down South" (descriptive), and "I've a Longing for You," Dorothy Lee; violin solo, "Meditation" (Massenet), Professor Kalaine; duet, "Watchman, What of the Night," Mrs. Schofield and Harry Carson; "The Wedding of the Winds Valse"; "Abide With Me," Mrs. Schofield; male chorus, "The Trumpeter; selection from march; tenor solo, Wesley Roberts (selected); W. M. B. March.

James Henry Smith, organist, will conduct the orchestra.

As the Dominion secretary of the G. W. V. A. said a few weeks ago, when he addressed a great meeting of the London veterans: "There is no class of returned men who are more deserving of our sympathy than the tubercular man. He is handicapped beyond measure by his weakness, it is in most cases impossible for him to compete in the world of business with the rest of us, and he looks forward to a life of abandoned hope."

The artists are giving their services Sunday night gratuitously.

LONDON SOUTH COLLEGIATE DEFEATED BY STRATHROY

The London South Collegiate basketball five ran into some stiff opposition when they met the fast Strathroy Collegiate at Strathroy last night and came away on the short end of a 26—20 score. The game was the fastest the locals have played this year, and it was also their first defeat in four starts.

The local basketeers played a stellar game. The work of McLean and Hadfield for London and Smith and Lamont was the feature of the game.

London—McLean (11), Ferguson (2), Vollick (6), Hadfield (1), Ellyott (0), Chapman (0).

Strathroy—Smith (10), Linun (4), Lamont (8), Nicholson (4), Whiting (0), Wyatt (0), Burkholder (0).

The return game will be played at the local collegiate next Saturday night.

REGISTER EARTH SHOCKS.

Associated Press Despatch.

San Jose, Costa Rica, March 10.—Earth shocks, estimated to be about 1,000 miles distant on the Pacific coast, were registered at the national observatory yesterday.

ASK TURKS BE ACCORDED SAME RIGHTS AS ALLIES

Associated Press Despatch.

Constantinople, March 10. — Although Turkey's answer to the proposals submitted to her at Lausanne asks no important modifications of the political clauses of the treaty, the Angora Government finds difficulties in the economic section and in the paragraphs covering the troublesome capitulations question.

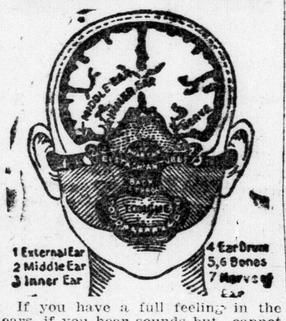
The note now in the hands of the British, French and Italian high commissioners insists that Turkish subjects in the Allied countries be accorded the same rights as the Allies seek for their nationals in Turkey.

NASH CASE HELD OVER.

By HENRY SOMERVILLE.
Special Cable to The Advertiser.
Copyright.

London, March 10.—Judgment has been reserved in the Nash case, and will be given next week. The judge says he will wait no longer for Mrs. Nash, was been asked to come from Paris to give evidence. He says her refusal shows fear of cross-examination.

DEAFNESS BOOK FREE



If you have a full feeling in the ears, if you hear sounds but cannot distinguish words, if you have head noises, write for a new book being given away from the office of Ear Specialist Sproule, 368 Cornhill Building, Boston.

The book explains many of the causes of deafness and head noises. It is full of information and interest for sufferers from ear troubles, and is illustrated by pictures of the nose and throat and eustachian tube passages, where the trouble comes on.

Send for the book at once and learn of an efficient New Method for the treatment of ear troubles at home. This Method has helped many, many people to regain clear, distinct hearing, and to get rid of their head and ear noises.

The book is yours just for the asking. Write your full name and address on the dotted lines, and mail the Free Book Coupon to Ear Specialist Sproule, 368 Cornhill Building, Boston, Mass.

FREE EAR BOOK COUPON.
FULL NAME.....
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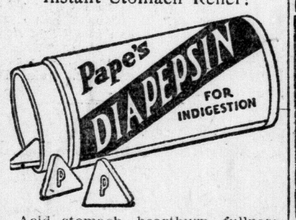
STOMACH "QUEER" GAS, HEARTBURN, INDIGESTION !!!

Chew a few Pleasant Tablets, Instant Stomach Relief!



Acid stomach, heartburn, fullness If you feel bloated, sick or uncomfortable after eating, here is harmless relief. "Pape's Diapepsin" settle the stomach and corrects digestion the moment it reaches the stomach. This guaranteed stomach correctiv costs but a few cents at any drug store. Keep it handy!—Advt.

ECZEMA WRIGHT'S RELIEVER

Patent Registered No. 9327.

It is guaranteed. Sold by Taylor Drug Co., 330 Richmond St., or direct from manufacturer, Geo. J. Wright, 333 Douro St., Stratford, Ont. 39h-t

Children's Teeth

Parents' most important dut is to protect the health o their children. One of th greatest menaces to the healt of the child lies in the neglecte mouth. In some localitie 95% of children suffer fro disease of the teeth. In citie where an efficient school dent service has been in operatio the number has been reduce to 52%.

Scientists agree that abscessed teet and diseased gums are causati factors of children's diseases. Th poisons and bacteria from thes diseased conditions enter th blood and are conveyed t some other part of the bod where a secondary infectio occurs. The poison from th teeth is mixed with the foo and is carried into the stomac causing severe ailments. Whe the teeth are sore the chi does not bite upon them b swallows his food witho properly chewing it, thu developing the "bolting" hab which often persists throug out life. Cavities in children teeth form ideal breedin places for germs, which caus contagious diseases.

The first or deciduou teeth should be carefull watched and any cavities whic appear should be filled. Thes teeth serve the child from fiv to ten years during an i portant period of developme when adequate nourishment urgently needed. Every chi should be placed under th care of the dentist as soon teeth appear. The pe manent teeth begin to appe when the child is about fi years of age. The first pe manent molars are the mo important teeth. These tee come in back of the tempora teeth but without displaci any. Tooth preservation absolutely essential to healt children.

How can children's teeth b be protected?

1st. By examination and treatm three times a year.
2nd. By proper diet: more milk, ve ables and fruit.
3rd. By keeping the teeth clean.
4th. By proper and sufficient m cation.

Published by Ontario Dental Assoc ation in the interest of Public healt

IF KIDNEYS ACT BAD TAKE SAL

Says Backache Often Me You Have Not Been Drin ing Enough Water.

When you wake up with back and dull misery in the kidney re it may mean you have been e foods which create acids, say well-known authority. An exce such acids overworks the kidne their effort to filter it from the b and they become sort of paral and loggy. When your kidneys sluggish and clog you must re them, like you relieve your bo removing all the body's uri waste, else you have backache, headache, dizzy spells; your sto sours, tongue is coated, and whe weather is bad you have rheu twinges. The urine is cloudy, f sediment, channels often get water scalds and you are oblig seek relief two or three times d the night.

Either consult a good re physician at once or get from pharmacist about four ounces o Salts; take a tablespoonful i glass of water before breakfast few days and your kidneys may act fine. This famous salts is from the acid of grapes and l juice, combined with lithia, an been used for years to help clea stimulate sluggish kidneys, al neutralize acids in the syste they no longer irritate, thus relieving bladder weakness.

Jad Salts is inexpensive, c injure and makes a delightfu fervescent lithia-water drink. lots of soft water. By all m have your physician examine kidneys at least twice a year.—

CANADIAN PACIF

FROM NEW YORK.
To Cherbourg and Southampt
March 22.....Empress of Brita

SAILINGS
From St. John, N. B.
Mar. 16—Montrose .....Liver
Mar. 17—Marburn .....Glas
Mar. 17—Melita .....Cherbo Southampton, Hamb
Mar. 23—Montclare .....Liver
Mar. 29—Metagama .....Glas
Mar. 30—Marloch .....Liver
April 6—Montcalm .....Liver
April 7—Minnedosa .....Cherbo Southampton, Ant
April 13—Montrose .....Liver
April 19—Marburn .....Glas
April 20—Montclare .....Liver
April 21—Melita .....Southam Antw
April 24—Empress of Britain C bourg, Southampton, Hamb
April 27—Marloch .....Liver
FROM MONTREAL & QUEBE
May 3—Metagama. Belfast, Glas
May 4—Montcalm .....Liver
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