

Nature Has Limits

WEATHER

Forecast: Moderate winds, fine and mild to-day and on Wednesday.

Nature does not go on storing up gas indefinitely. We cannot go on burning indefinitely. When the natural supply is used up we must produce a gas by costly methods to take its place.

The more economical we are the longer we will have this more satisfactory form of fuel to draw upon.

Although Natural Gas is Cheap, do not waste it the Supply is not Everlasting.

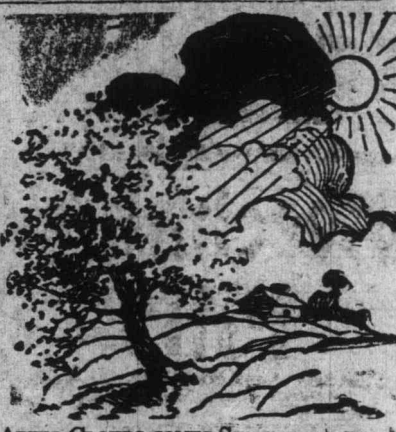
THE UNITED GAS COMPANIES, Limited.



Capt. A. L. Bishop, who is now staying at the home of Lt.-Col. R. W. Leonard, this city of whom he is a nephew. He served at the front with the Imperial Forces and won distinction on the field.

GOES TO THE WEST.

Col. E. W. Woods, formerly curate of St. Paul's Anglican Church at Bridgeburg, has been appointed to the position of Field Secretary for Manitoba of the Canadian Renovation Committee. Col. Woods went overseas with the 8th Battalion, which is known as the "Black Devils."



IN the spring when you're "all in"—fagged out—blood thin, if you will turn to Nature's remedy, a tonic made from wild roots and barks, which has stood fifty years as the best spring tonic—you will find strength regained. No need to tell you it's Dr. Pierce's Golden Medical Discovery, put up in tablet or liquid form, and sold by every druggist in the land. After a hard winter—shut up indoors, your blood needs a temperance tonic, a tissue-builder and blood-maker such as this "Medical Discovery" of Dr. Pierce's.

STRAITFORD, Ont.—"I can highly recommend Dr. Pierce's Golden Medical Discovery and Pleasant Pellets. I have used these remedies twenty-five years in my family. Had a very bad case of neuritis and Golden Medical Discovery completely cured me in a very short time. I have given it to all my family, also to my grand children. I had a grand-child last summer that we thought could not live. We gave him the 'Discovery' and he is strong and healthy as any child could be. I am a great believer in Dr. Pierce's Medicines and would not be without them."—Mrs. A. BOWLING, 288 Railway Ave.

THE BISHOP OF ST. ASAPH PAYS TRIBUTE

Speaks Highly of Canadian Troops at Kimmel Camp. Explains Reason of Riots.

(Special to The Journal) London, March 13, (Canadian Associated Press cable)—The Bishop of St. Asaph in the neighborhood of Kimmel Camp writing to the Times pays the highest tribute to the Canadians there in regard to their treatment of inhabitants of that part of Wales, who he declares were proud to have these fighting Canadians in their midst.

Respecting the recent riots, he points out that discomforts and continual delay in sending these men to their homes after being certificated and led to believe they were going immediately, was a grievous trial on the patience of any man especially when they read in Canadian papers of "conscripts" arriving home after doing no fighting and being acclaimed with the rest as Canada's heroes. This smouldering fire quickly burst into flames.

Cup And Saucer Day

To-morrow we put on sale 300 Cups and Saucers, 9 patterns, no matter their value or former price. Saturday, your choice, 4 Cups and Saucers for - - - \$1.00

97 Piece Dinner Sets

Green printed Border decoration with a brilliant overglaze; regular value \$16.75. On sale Saturday, complete set \$14.95

AMERICAN BAZAAR
21 James Street

THE CO-OPERATIVE STORE—CASH AND CARRY

LICENSE 9-6425

Good Things to Eat. Stop, Think and Read!
The Question of the Hour is Choice Meats

Specials For Saturday Only:

Prime Roast Beef, pound.....	23c	Legs and Loins of Veal, pound.....	33c
Pot Roast Beef, pound.....	20c	Veal to boil, pound.....	22c
Ribs of Beef to boil, pound.....	17c	Legs and Loins of Lamb, pound.....	32c
Prime Rib Roast, pound.....	35c	Lamb to boil, pound.....	32c
Pickled Beef Tongue, pound.....	24c	Smoked Picnic Hams, pound.....	25c
Beef Dripping, pound.....	18c	Fresh Picnic Hams, pound.....	27c
Boneless Corned Beef, pound.....	25c	Meyer's Mild Cured Hams, pound.....	33c
Legs of Pork, small, pound.....	32c	Half or Whole	
Shoulders of Pork, pound.....	30c	Meyer's Breakfast Bacon, pound.....	40c
Pickled Pork to boil, pound.....	30c	Meyer's Best Pure Lard, pound.....	28c
Home-made Pork Sausage, pound.....	20c	Meyer's Three-pound Pail of Lard.....	98c
Home-made Headcheese, two pounds.....	25c	Domestic Shortening, pound.....	28c
Choice Creamery Butter, three brands to choose from, pound.....	55c	Three-pound Pails Shortening.....	75c
Mild Cheese, pound.....	35c	Dairy Butter, pound.....	50c
		Oleo, two brands, pound.....	36c

We Wish to Draw Your Attention to Our Fish Department. Choice Assortment Always of Fresh and Smoked Fish. Also Oysters.

FRED C. VINE, Corner Church and Geneva Streets

GOVERNMENT CAUCUS HELD OVER THE O.T.A.

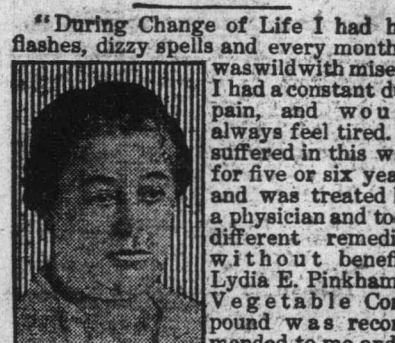
Conservative Members Think That Liquor Referendum Will be "Wide Open." The Amendments are not Ready.

Conservative members of the Legislature held a three-hour caucus again yesterday. These meetings of the faithful are becoming regular weekly affairs. Like the gathering of a fortnight ago, the meeting yesterday devoted practically all of its time to a discussion of the Government's temperance policy. That question is one that is causing members of the Government a lot of worry.

It is understood that yesterday the members were assured that as Hon. Mr. McGarry phrased it last week, the referendum on the temperance question will be taken in a "wide-open fashion." As yet there is no sign of the bill to amend the Temperance Act making its appearance in the House, and it is doubtful if it will for another two weeks. It is quite possible, however, that within the next few days, Sir William Hearst will tell the House in a general way just what the policy of the Government in regard to the matter is to be.

WOMEN OF MIDDLE AGE

How Lydia E. Pinkham's Vegetable Compound Relieves the Ailments of Change of Life.



"During Change of Life I had hot flashes, dizzy spells and every month I was wild with misery. I had a constant dull pain, and would always feel tired. I suffered in this way for five or six years and was treated by a physician and took different remedies without benefit. Lydia E. Pinkham's Vegetable Compound was recommended to me and I took it, and I believe I would never have been well if it had not been for the Vegetable Compound and Lydia E. Pinkham's Sanative Wash. I am recommending your medicine to all women ailing as I was, for I think it will carry them safely through the Change of Life, and relieve the ailments that come at that period."—Mrs. ALEXIE C. NANGLE, Galatia, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches, and "the blues," should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, and if complications exist write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years' experience in such cases is at your service.

SPARTACANS DRIVEN OUT

German Government Troops Rout Invaders out of East Berlin. Copenhagen, March 13.—German

Government forces, after lively fighting, have succeeded in driving the Spartacans out of the east end section of Berlin, including Lichtenberg, according to a Berlin despatch. Occupation of the district the message states, was systematically carried out by the government troops. Considerable quantities of arms were captured. Losses on the government side are declared not to have been heavy.

DR. MERRITT HAS RETURNED FROM OVERSEAS SERVICE

Dr. W. H. Merritt, former mayor of this city and a battery major, who took a gun unit away at the early part of the war, returned to the city yesterday afternoon on the 6:03 train. He had been expected to come in earlier, but as it was he was met at the station by his brother Mr. Prescott Merritt, and by Mayor Elson, Ald. Eagle, Ald. Smith and City Clerk Pay, representing the city.

The doctor looks to be in excellent health and spirit. "I scarcely knew I had reached St. Catharines," he said laughingly. "This fine new station doesn't look much like the old one."

Wood's Peppermint Cure. The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Weakness, Depression, Loss of Energy, Stomach Troubles, Heart, Failing Memory. Price \$1-per box, six for \$5. Ope will please, six will cure. Sold by all druggists or mailed in plain wrapper on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Toronto Office)

Certainly it is a great improvement." He and his wife have both been overseas for three or four years. Mrs. Merritt returned a short time ago.

GETS FALLS JOB

Niagara Falls, Ont., March 13.—D. T. Black for the past eight years City Engineer of Welland, has been appointed, out of seventeen applicants, City Engineer of Niagara Falls, succeeding Fred J. Anderson, who was killed in battle. Black came to Canada from Scotland eleven years ago. His salary is to be \$200 a month.

PRIVATE NASH HOME

Private Victor Nash arrived home from overseas last evening on the 7:30 train and was met at the station by his parents and friends. He declared himself very glad to see the city once more, after spending four and one-half years overseas with the 23rd Royal Fusiliers. It will be remembered that the Royal Fusiliers were the first regiment to win the first two V.C.'s in the war.

While overseas Pte Nash took part in the battles of Vimy Ridge, the Somme and Courcellette. He is the son of Ald. and Mrs. Nash, of this city. Though he has been through several severe encounters he is looking exceedingly well.

Berlin, Wednesday—Spartacan forces were abandoning the positions in Lichtenberg yesterday. The Government force took a large number of prisoners many of whom were executed summarily.

SICK--WEAK--MISERABLE THOUSANDS OF VICTIMS

Man feels bad all over—feels weak—feels nervous, irritable, gloomy—gets angry at little things that ordinarily would not be noticed! You feel tired mornings. Your sleep does not rest you. You feel nervous. You dream at night. Your memory is poor. You can't concentrate your mind. No appetite. You lose flesh—all run down. You can't understand why.

Men! Are You In Doubt



DR. WARD, Specialist

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily?

SYMPTOMS OF VARIOUS AILMENTS
Weak and relaxed state of body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unsteady sleep, dark ring under eyes, dizziness, pimples on face, palpitation of heart, easily tired, weakness or pain in back, lumbago, dyspepsia, constipation, headache, loss of weight, insomnia. Dr. Ward gives you the benefit of 28 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

NERVE EXHAUSTION.
The Great American Disease. There are numberless people who do not call themselves sick, and yet they feel nervous, weak, languid and tired most of the time. They have no ambition or endurance to work—everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable; they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion, belching of gas, pains in the stomach present. Sleepless, wakeful and restless nights follow. They become drowsy after meals and the brain tires easily.

OF INTEREST TO THE AILING MAN

28 years' experience and learning, 28 years doing one thing and doing it well. Experimenting days long past. I know! My success is due to system and direct methods. I go after the cause. No delays—no waiting—no wondering. No weary months and years dragging along waiting for expected results. I make a fee for treating the patient as long as treatment is necessary. If I make you a fee of \$10.00 or \$25.00 it means that I will treat your case until you are dismissed. Consultation and examination free.

DR. WARD Daily Hours: Mondays, Wednesdays, Saturdays, 9 a.m.-9 p.m. Tues. DR. HERRICK days, Thursdays, Fridays, 9 a.m. to 6 p.m. Sundays 10 a.m. to 1 p.m.

DR. WARD
Buffalo's Leading and Most Successful Specialist
79 Niagara Sq. Buffalo, N. Y.

WILSON DUE TO-NIGHT

President Scheduled to Arrive at Brest at 8:30 and will go to Paris immediately.

(Special to The Journal)
On Board U. S. S. George Washington, March 13, (By Wireless)—President Wilson expects to arrive at Brest at about 8:30 o'clock Thursday evening. He will board his special train immediately and will probably arrive in Paris at about 9 o'clock Friday morning. Wilson sent wireless messages to Secretary of State Lansing and Colonel House and arranged to begin work in Paris without loss of time.

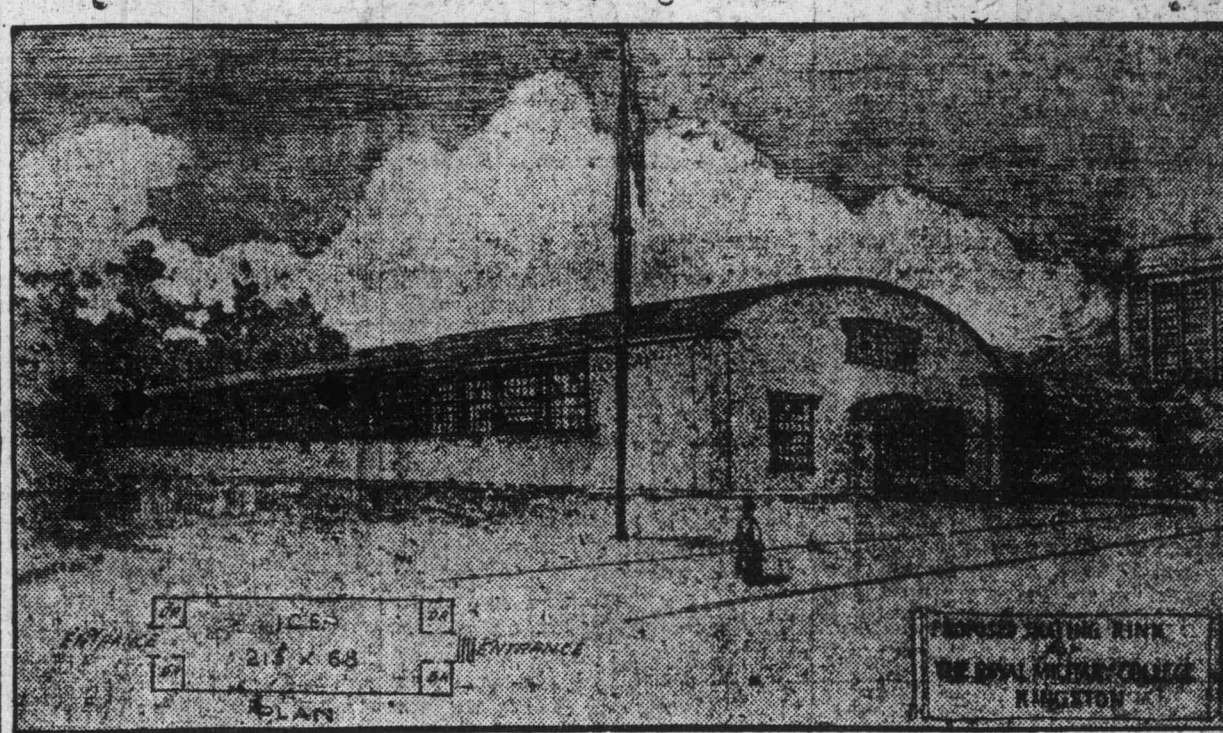
FELL OFF STREET CAR.

An accident which might have proved fatal occurred at 1:30 this afternoon in front of the Garden Tea Rooms. While the local N. S. and T. car was coming east along St. Paul street, one of the lady passengers, Mrs. McBain, walked through the car while it was in motion, and on reaching the vestibule she was thrown out of the car, striking her head on the pavement. She was carried into the Garden Tea Rooms and later conveyed in Dr. Currie's car to her home on McDonald Ave.

LEAVE FOR TORONTO

City Treasurer Watt left for Toronto this morning to arrange for the appearance of a delegation from this city before the Private Bills Committee of the Legislature tomorrow morning at 10:30. Ald. Eagle, Chairman of Finance, Mayor Elson, and City Solicitor Kingston will go over this afternoon and evening. The request of the city with respect to its victory bond investment of \$500,000 and also the transfer of interest and sinking fund

NEW USE FOR AVIATION SHEDS



AFTER many years of waiting a covered skating rink has been secured for the Gentlemen Cadets at the Royal Military College at Kingston, and the acquisition of this building will give a great impulse to our national game—"hockey." Hitherto the Royal Military College hockey teams have had to get along the best they could, using the open ice on the lake and occasionally the city rink at Kingston. These limitations interfered materially with the quality of the game. On the demobilization of the Royal Air Force in Canada, and the abandonment of the aviation camps at different points some suitable buildings, originally designed for and used as flight sheds (or aeroplane hangars) became available, and through the kindness of Sir Joseph Flavelle, Bart., Chairman of the Imperial Munitions Board, under whose direction these aviation camps were originally established, two of the flight sheds, each 130 feet long by 68 feet wide, were secured to form the basis of the new covered skating rink. Military College were not slow in taking advantage of this opportunity and in coming forward to assist in carrying out the idea. The Canadian National Railways, through the courtesy of Mr. D. B. Hanna, its president, and the Grand Trunk Railway System, through the courtesy of its president, Mr. Howard G. Kelley, have undertaken to free-freight the material of the sheds from Camp Mohawk to the point nearest to the Royal Military College, to Kingston. Sir Herbert S. Holt, who is deeply in everything that makes for the welfare of the Royal Military College, has generously financed the undertaking, and a contract for the removal and recreation of the flight sheds above referred to, has been let to the Kingston Construction Company, who now have the work in hand. The Minister of Militia and Defence has approved of a site within the college grounds on which the covered rink will be erected. Mr. F. L. Wanklyn, General Executive Assistant of the Canadian Pacific, who is also deeply interested in the project, has taken charge of all the work in connection with the carrying out of the scheme. The rink, when completed, will be substantially as shown in the above illustration. The main building will be 240 feet by 68 feet wide, and the height from the underside of the roof trusses to the ice level will be 18 feet. Commodious dressing and locker rooms, 25 feet square, will be provided at one end, over which a gallery for spectators, capable of seating 300 persons, will be provided. The main sheet of ice will be 215 feet by 68 feet wide and this will, in the opinion of well known hockey experts (Messrs. "Riley" Hearn and Col. Walter Maughan) make a most satisfactory hockey rink. The building will be well lighted by windows all round and with electric lights for the evenings. The outside will be neatly finished in cement rough-cast and present a generally attractive appearance. The originators of this project have received many congratulations from a host of friends interested in