

they could go without. The
 se who had power to spend
 is immediately necessary for
 existence. They had now
 wing to higher wages. They
 to postpone expenditure,
 said "Why not take more
 id he had taken a good deal,
 amert would shortly be asked
 ore. In the last resort, if the
 nise, it would become impera-
 ey required by taxation, but
 ray, and he did not want to
 ssary by taxation.

dit was vital to the army
 ould play their part. There
 n consumption and increased
 n. There should be economy
 ants, tobacco, and specially

Police for the Front.

Sergeant J O Johnston,
 H Creedon, and A Menneck,
 "says—The members of the
 den. Co Limerick, have
 kable record, inasmuch as
 unteering for the army the
 restaff the barracks. They
 ar at Shragolden, and there
 gret for their leaving the
 le return is heartily wished

WINTER DIET

ty of heat producers. The
 delicious are puddings made
 A Beef Suet, which needs no
 lb. cartons 10½, and ½ lb
 ur grocer for it. Sole Manu-
 Co, Ltd., Manchester.

en arranged and will take
 he 7th March, between Dr
 at African Medical Service,
 id Mrs Deane, Bank House,
 ertrude Queencliffe Allnutt,
 he late S Lee Allnutt, Esq,

ousands-
 and buy

DPS

treading.

A CHEMIST'S WARNING TO DYSPEPTICS.

Drugs That Deceive.

"To the majority of sufferers from indigestion and dyspepsia drugs are a curse instead of a blessing," remarked an eminent chemist recently. "The same might also be said of various artificial digestants. Careful research has proved that in most cases of indigestion and dyspepsia the stomach is quite healthy and the digestive organs unimpaired—the trouble is entirely due to acid in the stomach and consequent fermentation of the food contents. Artificial digestants are, of course, useless in such cases, and I know of no drug which can be safely employed; but practically all chemists stock a simple antacid known as bisurated magnesia, and this, so far as I know, is the only preparation recommended by physicians, and used in hospitals as an effective antacid and food corrective. I have taken bisurated magnesia myself and have recommended it to a great many people at different times and have never yet heard of a case where it has failed. Next time you experience pain after eating, with flushed face, heartburn, flatulence, etc, get some of this pure bisurated magnesia from your chemist and take half a teaspoonful in a little warm or cold water. It will instantly neutralise the harmful acid and prevent all possibility of food fermenting in your stomach. But, whatever you do, avoid drugs, and also be sure you get the pure bisurated magnesia, for the market is flooded with crude mixtures of bismuth and magnesia, which, in my opinion, are likely to do more harm than good."

FATAL RAILWAY ACCIDENT.

Man Killed Near Patrickswell.

The body of a small farmer was observed on Wednesday morning lying on the railway between Limerick and Patrickswell by the driver of the train proceeding from Limerick to Charleville shortly after seven o'clock. The train was stopped, and on examination it was found that life had been extinct for some hours. On subsequent enquiry the deceased was found to be Thomas McNamara, an elderly man and a farmer, who lived by himself at Greenmount, near where there is a railway crossing. It is presumed that McNamara was proceeding home overnight, when he was struck on the head by a passing train. McNamara's head was found to be fractured, and the body was lying on the water-table.

FAIRS.

FIXTURES FOR MUNSTER.

MARCH.

Monday, 6th—Cork: Clonakilty (c s p), Fermoy (c s), Glengarriff (c s p), Gleen (c s), Mallow (c s h), Newmarket (c s). Limerick: Croom (c s), Newcastle West (c h). Kerry: Killarney (c s), Trales (c s). Tipperary: Nenagh (c). Waterford City (c s h).

In places marked thus (†) a pig fair is held on the weekday previous.

Mr Dolphie Nugent, son of Mrs Michael Nugent, Grubb's Court, Clonmel, who was an engineer on board the Maloja, is amongst the survivors. His mother got the good news on Monday morning in a telegram from Dover, which merely stated—"Picked up; ship sunk."

them in the field, he was not satisfi
 general commanding them, so he re
 and placed them under General Ja
 knew that if there was any fight in the
 Irishman was the man to bring it
 gentlemen, I was not disappointed.
 ments in our army show the large majo
 officers who have won their spurs by ha
 among whom are the Nolans, I
 Murphys, O'Connells, O'Connors, O'
 Meaghers, O'Malleys, Raffertys,
 Sweeneys, Barrys, Walshes, Keoghs,
 and a hundred others. An officer wh
 sent at the battle of Antietam told m
 fighting of the Irish Brigade was perfect
 cent; that in moving forward after
 closed their gaps, which they did witho
 they left almost a line of battle of
 wounded. Another who had fought aga
 said it was the prettiest fighting he
 they held the turning point of the batt
 than one sense of the word, for all to t
 them were routed. They were ordered
 to cover the retreating wing, and they
 they were on drill, turning to deliver th
 coolly and steadily that he said, 'We di
 it healthy to charge them again.' Bu
 men, in our army Irishmen have take
 stand for other qualities than that of mer
 or skill in battle, one of our best works o
 law is from an Irish officer."

DR P C HICKEY, J.P., KILKEE

Our Kilkee correspondent writes—Dr P
 Hickey, M.D., J.P., the very popular and
 Medical Officer of Health for Kilkee
 services have been accepted by the
 authorities, left here on Tuesday to take
 the Military Hospital at the Camp near Br
 Three of Dr Hickey's sons are in the firm
 different fronts—Lieutenant Augustus T
 R. A. M. C., in France; Lieutenant Julian
 R. F. A., in Persia; and Lieutenant
 Hickey, R. E., in Salonika. His daughter
 Hickey, is attached to the nursing staff at
 Castle Hospital.

ARTIFICIAL VERSUS GENUINE.

Certain scientists claim that it is now
 to produce a liquid so like milk as to b
 tinguishable from it. One of the ingred
 they soy bean, which has nourishing pr
 double those of lean meat, but other c
 substances have to be added, as the bean
 whilst rich in proteid materials, differs m
 rom milk in composition. Synthetic may
 strongly to the experimentalist, but
 scarcely usurp the place of the genuine
 terated article, which has played such
 part in sustaining the world's inhabitants
 time. Pure milk is invaluable. It is
 richer and all the more abundant in nu
 elements when the cattle are fed on Cl
 which is the last word in excellence so
 cooked food products are concerned. No
 shop with a prestige to maintain ever
 stock Clarendo.

A conference in London of representat
 15 associations and federations connected w
 paper trade, agreed that "every effort sho
 made to regulate and steady prices," the
 mission being urged to consider how this c
 be effected.

Mr Forster, replying to Mr Hogge in Parl
 on Wednesday, said Lord Kitchener was said