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How often do you eat this food?

A short time ago there appeared in the columns of one of the prominent magazines an article on building brain and muscle by the proper selection of the foods you eat.

A good many people were surprised to find oatmeal placed at the top of the list of foods recommended; but if the article had appeared in an English or Scotch paper every reader would have expected to see first place given to good oatmeal.

As a matter of fact Great Britain and Europe come to us for tremendous quantities of Quaker Oats because it represents to them perfect food, being the richest in flavor and best in cleanliness and purity, of all oatmeals.

Americans should eat more Quaker Oats; the results would soon show themselves in improved conditions of health and strength.

DR. HENDERSON'S Special STOMACH TABLETS

The white sugar-coated tablets which accompany Henderson's Herb Treatment are known as DR. HENDERSON'S SPECIAL STOMACH TABLETS and are compounded to act in conjunction with the Herb Tablets. The stomach Tablets have a certain definite work to perform in the treatment of the Blood, Liver, Stomach, Kidneys and Nervous System.

The Stomach is sure to be more or less affected in nearly every case of Kidney, Liver and Blood Diseases and when the nervous system is deranged the Stomach is the first organ to suffer. The Special Stomach Tablets act as a Tonic To THE STOMACH, instilling new life and energy, acting directly on the glands in the lining membrane, assisting and increasing the natural flow of GASTRIC JUICE, without which it is impossible to carry on the process of Digestion. These Tablets not only help the Stomach digest the food, but they also increase the appetite and give the patient a natural desire and relish for food. In this way the Stomach and Digestive tract is enabled to properly digest and extract all the nutrition from the food after thorough mastication.

DR. HENDERSON'S SPECIAL STOMACH TABLETS are in every box of Herb Treatment and can also be purchased separately in boxes containing Two Hundred Tablets for One Dollar.

At Dunoon's Drug Store or
The Henderson Herb Co., Toronto

WOOD

We have a large quantity of good Dry Wood for sale.

CHEAP FOR CASH

JOHN CAREW
Phone 14 - Lindsay

Priceless Eyesight

We fit glasses to relieve your eye-strain, headache and nervousness. We fit as well as for actual improvement of vision. Lowest prices. Best results.

M. B. ANNIS
Eyeglass Specialist
92 King St., over Neill's Shoe Store
Lindsay
Eyeglasses repaired, broken lenses replaced

Just Arrived!

The latest novelties in Silverware, Casseroles, Pie Plates in the Casserole style, Cream and Sugar Sets, Fruit Dishes, Fern Dishes, Salad Bowls. Also a new pattern in Servers with Mahogany Centre.

Any of these make an excellent Wedding Gift. Prices moderate.

Wedding Rings and Marriage Licenses

The Popular Jewelry Store
W. F. McCarty

Kerr Lake and La Rose were heavy shippers of silver ore from Cobalt last week.

PREACHER RECOVERING

MEN ARE COMING OUT OF THE CAMP.

Haliburton, Feb. 28, 1917. — We are glad to report that the Rev. W. H. Shaddolt, (Methodist church minister here), who has been seriously ill with pneumonia for the past two weeks, is much better.

Mr. Wm. Garrie is much better, but as yet is unable to return to his duties in the store.

There are a number of cases of measles still prevalent here, and one case at Donald proved fatal.

Last Monday the Salvation Army held a special service in the Orange hall, which was crowded to the doors and all report it to have been a great success.

The Mexican Medicine and Concert Co. have rented the town hall for the week in order to introduce their medicines into their village. They give a fairly good program of songs, dances, and farces, and any person buying their medicines, receives the usual number of votes for the most popular baby, lady, etc. But these entertainments are becoming played out, and consequently not much medicine is being sold.

A hockey team from Fenelon Falls visited the town last Thursday, and a fast game was played. The Fenelon boys won out in a score of 9 to 8 in their favor. Buck McPhee, of Fenelon, proved to be a fast player. Haliburton missed the services of their point, Mr. Geo. Thayers, on account of his absence in Toronto, but they put up a good fight all the same, and surprised the spectators. The juniors went to Kinnoult to play their juniors, and after a good game, returned defeated by a score of 6-0, but they hope to win out in the return game in Haliburton on Friday night.

Most of the lumber camps have finished their cutting, waiting for the lakes to open up so as to get their logs to the mills. They all expect a good cut, so there should be a good season in the village this year.

The amount of bark shipped this year is so great that the G.T.R. are not able to supply cars fast enough.

ZION, FENELON.

Zion, Fenelon, Feb. 28.—Mr. Jim Allen returned to Lindsay on Wednesday last after spending a few weeks at the home of Mr. Weldon Brown and others of his many Zion friends. He will reside in Lindsay for a few days, then will start for his home in the north-west. Mr. Allen has been a resident of this place for many years until about a year ago, when he and his brother went to the west and took up homesteads. Their many Zion friends wish them success in their western home. Come again, Jim,—all will be glad to see you.

Mr. and Mrs. H. Boyd and Miss Rose, of Islay, visited at the home of Mr. W. Brown on Friday last.

Mr. Weldon Brown went to Lindsay last Wednesday, and was storm stayed over night.

Mrs. A. Byrnell, Mr. Wm. Parkin, Mr. H. Worsley and Miss D. Brown spent Friday in town on business.

Miss Gertrude Junkin, S. S. No. 5, teacher, spent the week end with her parent at Bethel.

A large number from this vicinity attended Mr. Thompson's sale on Friday at Cameron.

The presentation and address to Mr. and Mrs. Worsley will be found in another column.

Horse Bolted

MAN AND WIFE THROWN OUT

Both were picked up and found to be suffering, as might be expected, from fright and shock.

Thousands of men and women will find the experience of Mr. and Mrs. Chris. D. Norton corresponds to some shock they experienced, perhaps years ago, and which was the primary cause of a long sickness that clung to them month after month.

We quote Mrs. Norton's statement:

"My husband has always taken pride in driving spirited horses. About two years ago we were in Buffalo just after a fall of snow. The railway sweeper came along, and our team bolted, upset our sleigh, and threw us both out on the pavement. My doctor explained the great weakness, palpitation and loss of color was due to shock. He told me that fires, accidents, sudden death of a friend, etc., influences unfavorably the health of many, and only the most persistent treatment can overcome the deadly effects of the shock. I did not, when I began to take Ferrozone, expect it would act so quickly upon my nerves and blood. My family were delighted to see increasing signs of returning health. This induced me to continue to use Ferrozone—two tablets with every meal. I am now well, and you wouldn't believe the good Ferrozone has done me."

Dated Niagara Falls, September 1st.

If you need nerve and blood tone, Ferrozone is your remedy; try it. Fifty cents a box, six for \$2.50, at all dealers, or the Catarrhozone Co., Kingston, Canada.



Secret of Good Pies

PIE CRUST, more than any other delicacy of the oven, ought to be tempting and appealing to the taste. You do not eat pie as a nerve-tonic or to strengthen your appetite. You eat it for pleasure mostly.

Ogilvie's Royal Household Flour

You want it, of course, to taste good. At the same time you want the crust to be light, flaky, wholesome. Above all things you don't want it tough, indigestible and not safe to eat.

Now, pie crust properly made from **OGILVIE'S ROYAL HOUSEHOLD FLOUR** is always good food, the absolute uniformity of this best of all flours eliminates failure entirely. You get the same delightful results every time—more healthful, digestible and nourishing than if made from ordinary flour.

And the reason is that **ROYAL HOUSEHOLD** having a larger percentage of high quality gluten, assimilates more readily and is more satisfying than ordinary flour, and comes out of the oven flakier, more tender and more digestible.

Pies made from "ROYAL HOUSEHOLD" taste better and are better than pies made from other flour—much more delicious, better in every way.

Be sure to try "ROYAL HOUSEHOLD" when next you make pies. It is the finest flour in the world not only for pastry but for bread and all family baking.

"OGILVIE'S BOOK FOR A COOK" containing 125 pages of tried and tested recipes will be sent free to any user of Royal Household Flour who asks for it.

THE OGILVIE FLOUR MILLS CO. LIMITED, MONTREAL.



WOMAN'S INSTITUTE

PLEASANT TIME SPENT AT MRS. TAYLOR'S.

Oakwood, Feb. 28.—The Oakwood branch of the Women's Institute held a social evening at the home of Mr. and Mrs. James Taylor last Thursday. Rev. M. Elliott ably filled the chair. The entertainment for the evening was given by the Oakwood orchestra and talent from Oakwood and vicinity. Miss Woolridge, Miss Hardy and Miss Webster gave amusing recitations. The dialogue where the city cousins visited their friends was well acted out and a good moral taught that we cannot always judge by appearances. A debate "resolved that it is better for a young woman to marry on the farm than off it" created much interest, and both the affirmative and negative sides presented their side so well that they showed themselves to be good debaters. The judges were Mr. Webster, Miss Graham and Mrs. Munroe, of Oakwood. After the debate was over a dainty luncheon consisting of ice cream and cakes was served to nearly one hundred and fifty people. They were friends from Cambray, Peniel, Little Britain and Linden Valley present. At the close of the evening a vote of thanks was tendered Mr. and Mrs. Taylor for the kindly welcome extended to all.

RELEASED FROM JAIL.

The friends of Mr. John McCaffrey will be gratified to learn that Messrs. Hopkins and Hopkins, barristers, Lindsay, have received word from the Minister of Justice that their application for the release of John McCaffrey has been granted and he was to-day discharged.

FOR NEXT SALE.

A carload of work horses will be offered for sale at W. A. Fanning's next sale on Saturday, March 12th. The household furniture of the late John Berry will also be put up for sale.

Lady Laurier, who is in poor health, has left Ottawa for Hot Springs, Arkansas, and will be accompanied by Senator and Mrs. Melvine Jones.

Dr. Falconer, president of Toronto University, will deliver an address in the new gymnasium of the Collegiate Institute on Tuesday evening, March 1, to which the citizens of Lindsay are cordially invited. The new wing will be thrown open for inspection.

His Friend Said

"If They Don't Help or Cure You I Will Stand The Price."

Liver Complaint Cured.

Mr. J. B. Rusk, Orangeville, Ont., writes: "I had been troubled with Dyspepsia and Liver Complaint and tried many different remedies but obtained little or no benefit. A friend advised me to give your Laxa-Liver Pills a trial, but I told him I had tried so many 'cure alls' that I was tired paying out money for things giving me no benefit. He said, 'If they don't help, or cure you, I will stand the price.' So seeing his faith in the Pills, I bought two vials, and I was not deceived, for they were the best I ever used. They gave relief which has had a more lasting effect than any medicine I have ever used, and the beauty about them is, they are small and easy to take. I believe them to be the best medicine for Liver Trouble there is to be found."

Price 25 cents a vial or 5 for \$1.00, at all dealers, or will be sent direct by mail on receipt of price.

The T. Milburn Co., Limited, Toronto, Ont.

**Quality For Quality
Price For Price
We Lead Them All**

The many buying advantages and money-saving possibilities should place this store first in line for your patronage when contemplating the purchase of

FURNITURE

We'll take your home and furnish it from top to bottom and at prices that cannot be beaten in any large centre for the same dependable goods.

TEST THIS

ANDERSON, NUGENT & CO.
FURNITURE UNDERTAKING