

THE STORE OF SEEDS

Government Standard Clover and Timothy Seeds. Flower, Garden and Field Root Seeds. Have you tried Cream of the West Flour? It's good.

Mrs. Beggs & Sons DURHAM: ONTARIO

Proper attention to the hair and scalp is the best preventive of baldness. An occasional application of Bearine Hair Pomade keeps the scalp in healthy condition. It nourishes the hair follicles and supplements the natural oil of the head. Bearine not only prevents falling hair but stimulates new growth. 50 cts a jar at your druggists.

DAVIS' MENTHOL SALVE

A simple effective remedy for many little ills as well as some that are not considered ills. A compound with a Vaseline base, in conjunction with Japanese Menthol and other drugs making an efficacious remedy for Sore Throat, Burns, Bruises, Strains, Sprains, as well as for Insect Bites, Cuts, etc. Just the thing for campers, hunters, as well as for those that stay at home. 25c. a box. DAVIS & LAWRENCE, Montreal.

He Needed It.

"Charlie dear," queried the fair maid at the ball park, "why does the man behind the hitter wear such a big bib?" "That," explained Charlie, "is to keep his shirt front from getting mussed when the ball knocks his teeth out."—Chicago News.

A Vegetable Constipation Cure

Because they contain mercury and mineral salts, many pills are harsh. The easiest and safest laxative is Dr. Hamilton's Pills of Mandrake and Butternut. They clean the stomach, intestines and bowels—drive out waste matter, tone the kidneys, and forever cure constipation. As a general tonic and system cleanser nothing is so mild and efficient as Dr. Hamilton Pills of Mandrake and Butternut. Sold everywhere in 25c. boxes.

She's A Brick

Miss Sadie Guinn was in Mr. Whitehead's store yesterday morning, and on looking out saw that something had frightened the proprietor's delivery horse. Miss Guinn did not scream, but dropped her parcels and ran out and grabbed the horse. The horse reared, and elevated the young lady a couple of feet, but she stuck to her job, and when the horse finally succeeded in twisting itself out of the shafts, its energy was exhausted, and was easily caught before it had got very far away. Miss Guinn evidently isn't afraid of a horse, and her prompt action was highly commended by those who saw the deed.—Walkerton Herald.

Household Hrips.

The objectionable sputtering and flying of the hot fat when eggs, hominy, apples, and like things are dropped into it to fry may be prevented if a little flour is sifted into the fat before they are added.

Prompt relief in all cases of throat and lung trouble if you use Chamberlain's Cough Remedy. Pleasant to take, soothing and healing in effect. Sold by all dealers.

An easy way to skin a beet without bleeding it and causing it to lose color is to put it in cold water as soon as it is cooked. Then draw the hand gently down each one, and the skin will drop off without trouble.

RICH RED BLOOD

You Will Never Have it as Long as You Have Dyspepsia

Just as long as you have dyspepsia, your food will not properly digest, and the nutritious elements in the food will not be extracted, or absorbed, and impoverished or watery blood will follow. This condition may not be apparent at first, but it will come just as sure as the sun will rise again.

Any stomach ailment, including all forms of indigestion, can be promptly cured by using Mi-o-na tablets, a scientific treatment unsurpassed.

It stops fermentation, belching of gas, and taste of sour food almost at once.

The mighty power of Mi-o-na to invigorate and restore the stomach to perfect condition is known everywhere.

Mi-o-na cures by building up by annihilating the cause. For this reason it is a great flesh builder, because it causes the stomach to give more and purer nutrition to the blood. It cures sea and car sickness and vomiting of pregnancy almost immediately. Macfarlane & Co. sell Mi-o-na for 50 cents a large box, and guarantee it to cure or money back.

HYOMEI CURES CATARRH, ASTHMA, BRONCHITIS, COUGHS AND COLDS, OR WHEEZING BACK. Sold and guaranteed by MACFARLANE & CO.

Temperance People Have Quit.

The Hotel Meaford has been leased to Mr. Kennedy, of Barrie, and a license has been granted to take effect May 1st. By this move, Meaford's temperance hotel will be no more, and in all likelihood local option will be forgotten for all time to come. Meaford is not, apparently, in the temperance humor, and the temperance people have decided to give them all the "whiskey" they want.—Express.

Arthur Webber Married.

The marriage of Arthur Webber to Miss Mildred Hayward, daughter of Mr. and Mrs. S. Hayward of this town, took place at Maple Creek on Sunday, 27th inst., the ceremony being performed by Rev. Mr. Bleton. Mr. and Mrs. Webber are receiving best wishes from a wide circle of friends, and the Sun joins in the felicitations—Swift Current, Sask., Sun.

Mr Webber is an old Durham boy, and his many friends here will be pleased to hear of his good fortune, and extend congratulations to them in their matrimonial venture, wishing for them the best luck in their future career.

Dog Was Drowned

One day last week, two fine collie dogs were playing along the beach near the power house. They were running out on the ice, and one of them, a fine Scotch collie, belonging to Mr. Alf. Grundy, went over into the water, and was unable to get out. The other collie displayed human intelligence, going to the assistance of his mate and endeavoring in every possible manner to pull the dog in the water out. The attempt at rescue lasted for some time, until Mr. Grundy's dog became exhausted and sank. Thse on the shore, who watched the pathetic sight, could not reach the animals to render any assistance. When the dog disappeared, its mate viewed the spot for a few minutes, and then went away with an expression as near grief as could be expected on an animal's countenance.—Kincaidine Reporter.

It Prevents Sore Throat.

No simpler way to kill a cold and stamp out sore throat than by applying Nerviline—rub it on freely, and then put on a Nerviline Porous Plaster on the chest. These remedies hunt out pain, destroy every trace of congestion, cure the cold and tendency to bronchitis. Thousands find Nerviline inestimably the best remedy for pains, aches, bruises, neuralgia, sciatica, colds and winter ills. Not only is it penetrating and powerful, but it is safe and economical. All dealers sell Polson's Nerviline. Large bottles for 25c., the plasters same price. Beware of substitutes.

LEARN TO LISTEN.

It must be that most of us believe in the old saw of "listeners never hearing good of themselves" that so few of us practise the art.

It does not seem to make much difference, whether we are great talkers or not, when it comes to being good listeners most of us slip up. That we give half-hearted attention—even those who pride ourselves on our listening powers—the inappropriate answers that are of daily occurrence, are ample proof.

The woman who wishes to be a favorite learns to listen well. She does not keep up a perfunctory show of attention with her ears sharpened for a conversation half way across the room, or her mind occupied with planning her next new dress.

The good listener concentrates her mind as well as her ears on the subject under discussion. It may bore her to extinction, but, none-the-less, while the conversation lasts she makes it a point to know what it is about.

To be a good listener is the highest form of breeding. It means that you are willing to efface yourself and your own opinion in deference to your companion, whether what you get from him is or is not worth while.

It is a big temptation sometimes not to listen. There is nothing so deadly as a droning, prosing bore, but it will improve neither your manners nor your concentration to get into the habit of letting him talk on while you think of other things.

Few people stop to think that they injure themselves by not listening to conversations or sermons that bore them.

In learning to listen, remember you are not a good listener if you keep bursting into the conversation at all sorts of inopportune moments. Never fear, if you wait long enough, your turn will come. Canadian Bear grease is in Bearine, with other valuable agents, making it the best pomade. 50c. a jar.

Even people who are usually healthy occasionally require some kind of a food tonic. Ferronim, that excellent combination of beef, iron and sherry wine, if taken when the system is run down from overwork or a slight cold, will prevent a more serious illness. Ferronim gives strength to convalescents and all thin-blooded people. \$1.00 a bottle

The D.L. MENTHOL PLASTER

CURES every sort of Muscular pain, such as Sciatica, Stitches, Cricks, Tic, Twisting of the Muscles, Lumbago and Headache. Don't throw away money for worthless imitations, by unscrupulous makers. Get the genuine. Each plaster 25c. in an air-tight tin box, 1 yard roll \$1.00. Mailed upon receipt of price, or sample for 5c. WE GUARANTEE that they will relieve pain quicker than any other plaster. DAVIS & LAWRENCE CO., Montreal

Rather Personal.

The callow youth blew a circle of rings from his Egyptian cigarette and drawled, Pa Governor Hadley says every one should keep a cow. Why don't you keep one? The old man frowned. As long as you are around, it is as much as I can do to keep a calf," responded the sire, without looking up.

She Had Reasons.

"Your wife is nursing a grouch, isn't she?" "Some." "What's the trouble?" "Four people have told her that our little daughter looks just like me." "I should think she would be pleased at that." "She might, but the child is adopted."

The Girl That is Pale

She is in danger, her system is run down, weak—she needs nourishment, needs richer blood. More than all else, she needs Ferrozone, needs it because it brings back the nerve energy which rapid growth and study have exhausted. The old-time vigor, happy spirits, and new strength return with Ferrozone. The delicate maid is energized, strengthened and rebuilt. Isn't it worth while using Ferrozone when it surely does so much? At all dealers in 50c. boxes.

Strength of Birds.

Birds can eat and digest from ten to thirty times as much food in proportion to their size as men can. If a man could eat as much in proportion to his size as a sparrow is able to consume, he would need a whole sheep for dinner, a couple of dozen chickens for breakfast, and six turkeys for his evening meal. A tree sparrow has been known to eat seven hundred grass seeds in a day. Relative to the bird's size, these seeds were as big as an ordinary lunch basket would be to a full-grown man.

A bird's strength is equally amazing. A white tailed eagle, weighing twelve pounds, with a wing spread of six feet, has been known to pounce on a pig weighing forty-two pounds, raise it to a height of a hundred feet, and fly off with it. The bird had covered a distance of half a mile before the pig's owner succeeded in shooting the thief.

Birds can and do work far harder than human beings. A pair of house martens, when nesting, will feed their young ones in twenty seconds—that is, each bird, male and female, makes ninety journeys, to and fro, in an hour, or about a thousand a day. It must be remembered that on each journey the bird has the added work of catching the worm. Even so tiny a bird as the wren has been counted to make 110 trips to and from its nest within 430 minutes, and the prey it carried consisted of larger, heavier and harder-to-kill insects than were caught by the sparrows. Among them were 20 caterpillars, 10 grasshoppers, 7 spiders, 11 worms, and more than one fat chrysalis.

A Wonderful Cold Cure.

Just think of it—a cold cured in ten minutes—that's what happens when you use "Catarrhzone." You inhale its soothing balsams, and out goes the cold—sniffles are cured—headache is cured—symptoms of catarrh and gripe disappear at once. It's the healing pine essences and powerful antiseptics in Catarrhzone that enable it to act so quickly. In disease of the nose, for irritable throat, bronchitis, coughs and catarrh, it's a marvel. Safe even for children. 25c. and \$1.00 sizes at all dealers.

APRIL--and House-Cleaning! and Something New Needed to Freshen Up the House

Do You Need a Carpet or Carpet Square?

Tapestry and Brussels Carpet, greens and fawns, 60c to \$1.35 yd. Carpet Squares.—Tapestry and Velvet, sizes 3x3 yds. to 4x4 1/2 yds. in medallion and regular carpet patterns, reds, greens, browns, fawns, some special values, \$9.00 to \$19.00.

New Linoleums and Floor Oilcloth

In the newest floral and block patterns—clean, fresh-looking colors. Linoleums are 6 feet and 12 feet wide, and 50c and 55c per square yard. Floor Oils are 3, 4 1/2 and 6 feet wide, at 25c, 40c and 50c yard.

New Lace Curtains

Will freshen up a room at smaller expense than anything else. We have crisp new curtains at 50c pair, or better ones at 75c to \$1.75 pair. Pretty frilled Bobbinette, always dainty, at 25c to 30c yard. White and colored Madras at 25c to 65c yard. Cream Serim, wide, 20c yard. White Serim, lace edge, 15c yd. Serim, cream, with colored patterns, 25c and 35c yard.

Spring and New Clothes

Of course you will need some new things to freshen your wardrobe for spring. We have the materials and "the details." New Dress Goods in the new spring colors, lovely weaves for dresses or suits, all prices to \$1.50 yard. New Wash Goods for dresses, shirt waists, and for every use. There are Prints, Ginghams, Repps, Delaines, etc. from 10c up. New Belts, lovely shades, and black elastics, handsome buckles, White Wash Belts, pearl buckles, 25c each. 25c to \$1.00. New Dutch Collars and Jabots, the prettiest yet, 25c to 60c each. New "Lissue" Handkerchiefs, white, or to match the costume, very fine and dainty, 20c each. New Kid Gloves.—Perrin's and Alexandre makes, black, tans, greys, cream. Ladies' sizes, \$1.00 and \$1.25 pair. Children's Kid Gloves, tans and browns, 75c pair.

Genuine Bargain in Plain Cashmere Hose

Sizes 8 to 10. Worth up to 40c pair. Pick out your size at 25c pr.

BUTTER AND EGGS WANTED

JAMES IRELAND



The Thing That

Draws The Careful Buyer Of Boots and Shoes to us is the fact that they are sure of getting first-class goods at reasonable prices. Sure of ample variety to choose from. Sure of quality being as represented. Sure of getting what they want and when they want it. In a word sure of getting their money worth in reliable goods at reasonable prices. We aim to please and hit the mark with our Boots and Shoes, Hosiery, Trunks, Suit Cases, Telescopes, Valises.

J. S. McILRAITH Custom Work and Repairing as usual at The Down Town Shoe Store EGGS TAKEN AS CASH.

THE BEST

The best is the best, and it is at our store you will find it. No danger of indigestion if you get your bread, cakes, etc. from us. Try our 'Home-made' special—very appetizing and nourishing.

GEO. STINSON

MODEL BAKERY



Matthews & Latimer

For Flour Feed Seed Fresh Groceries New Fruit and Nuts Choice Confectionery Pure Spices and Vinegars No. 1 Family and Pure Manitoba Flour Fine Salt. Farmers Produce Wanted

When it Comes Words

Even in the long ago when the even then did we tickle our heads really meant—PIE.

For pie, in each of its myriad joy spread, the last act of a play Do you make good pie, Madam

Says the eminent editor of the New York Sun:

"The apex of a wedge of pie 'is the alluring overture to a 'crescendo of a delight which 'reaches its climax in the 'crust end', and as this 'crust becomes part of oneself 'one knows what pie is for.'"

"The 'crust end' is the final 'cause of pie itself, its raison d'etre, the solution of the 'blissful riddle, why to pie.'"

But the crust is made of flour, y know, and FIVE ROSES is a wonderful flour for pie crust, and paste, and such like.

Because, Mistress Housewife, FIVE ROSES makes your paste of grain, even of texture and eating qualities.

With a delicate, indescribable flavor, sweet as a nut, tender in color and appearance. If you should make such a Madam, with the FIVE ROSE "crust end"— Whether of apple, lemon, tartlike peach!

McGrath

As our big sale is lines that we will run follows in our price list of Rubbers for men, just got in and will

Ladies' Vici Kid blucher, regular \$3.00, for \$2. Ladies' Vici Kid Blucher, tip, regular \$2.00 for \$1. Men's Patent Blucher, reg

Boys' and Girls' School Don't fail to get your place to get them.

Repairing and Custom The Big Shoe Store

The Dur

For Groceries Confectionery,

McGowan Rolled Oa

FRESH AN

ALEX. PATRONIZE

DRESS

We have some good barg 36 inch black, brown, yard. Light blue, dark blue, goods, just the thing Nice All-wool Striped S brown, 42 inches wide The New Diagonal Suit nothing nicer for a Ready-to-wear Skirts in Poplin, good fitters, Pillow Shams, Dresser Dollies, made of p

C. L. GRA

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