

NEW WAY TO BE WELL

Healthfulness of Oranges.

The one lesson which most people never seem to learn is, how to guard their health.

We have been eating oranges since time immemorial, yet how many of us know that orange juice contains a medicinal principle which has a marked action on the stomach, bowels, kidneys and skin.

The cure will be greatly assisted and hastened by taking "Fruit-a-tives" in conjunction with the orange juice.

In buying a watch, buy as good a case as you can afford, but first get a movement, which will be accurate.

Kinnear & D'Estere JEWELLERS, 100 Princess Street.



More proof that Lydia E. Pinkham's Vegetable Compound restores women to normal health.

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills.

Indigestion. Stomach trouble is but a symptom of, and not a disease in itself.

Dry Shoop's Restorative. The St. Lawrence Vinegar Company, of Montreal, was robbed of \$250 by two Italians who hid the accountant to the radiator and went through the office.

NOTICE TO CREDITORS. In the Estate of Orlando G. Johnson, Deceased.

NOTICE IS HEREBY GIVEN. For the purpose of settling the accounts of the late Mrs. M. J. Johnson, deceased.

JUST IT. For the purpose of settling the accounts of the late Mrs. M. J. Johnson, deceased.

WHAT WHIG CORRESPONDENTS TELL US

The Tidings From Various Points in Eastern Ontario—What People Are Doing And What They Are Saying.

First Lake Items. First Lake, March 8.—Owing to bad roads, farmers are unable to make much headway drawing wood.

Locals From Lapun. Lapun, March 10.—Levi Brown and James Hill, are filling their ice houses.

Mount Hope Happenings. Mount Hope, March 10.—The crows are again with us, which surely indicates the approach of spring.

Fell And Bruised Himself. Hill, March 10.—The weather has become quite mild and springlike.

An Instructive Sermon. Tishborne, March 10.—Rev. Mr. Anselmy, preached a very instructive sermon to a large congregation.

Crow Lake Visitors. Crow Lake, March 9.—The people of this place are all on the stir drawing hay from various places.

Died In The Far West. Allisonville, March 9.—David Isted and wife are visiting Mrs. Isted's brother, Ernest Marvin.

High School Re-Opened. Sydenham, March 9.—The high school re-opening this morning.

Notes From Sharbot Lake. Sharbot Lake, March 11.—The leap year and proverbial social giving by willing workers of the Methodist church.

Said to be a National Curse! That indigestion is responsible for more sickness than any other disease is certainly true.

Indigestion is responsible for more sickness than any other disease is certainly true. Some doctors go so far as to say it is a national curse.

A BLOOD MIXTURE

A FINE REMEDY WHICH ANYONE CAN FIX.

Said to Remove Blood Disorders By Restoring Action of the Kidneys and Cures Rheumatism Every Time.

All medical authorities are agreed that the blood is the great source of disease or of health in the human system.

Fluid Extract Dandelion one-half ounce, Compound Nazon one ounce, Compound Syran Sarsaparilla three ounces.

Here the readers of this paper have a simple yet powerful and effective remedy for all forms of blood, kidney and bladder diseases.

LIVE STOCK MARKETS.

The Prices Paid at Various Centres. Montreal, March 9.—About 1,000 head of butchers' cattle, 131 calves.

Chicago, March 9.—Cattle receipts, 25,000, etc. higher. Beaves, \$4.20 to \$6.25; cows and heifers, \$2 to \$5.15.

East Buffalo, March 9.—Cattle receipts, 3,000 head, active and 10c to 20c higher.

Toronto Street Market. Toronto, March 10.—Wheat, white, bush, 96c; wheat, red, bush, 96c.

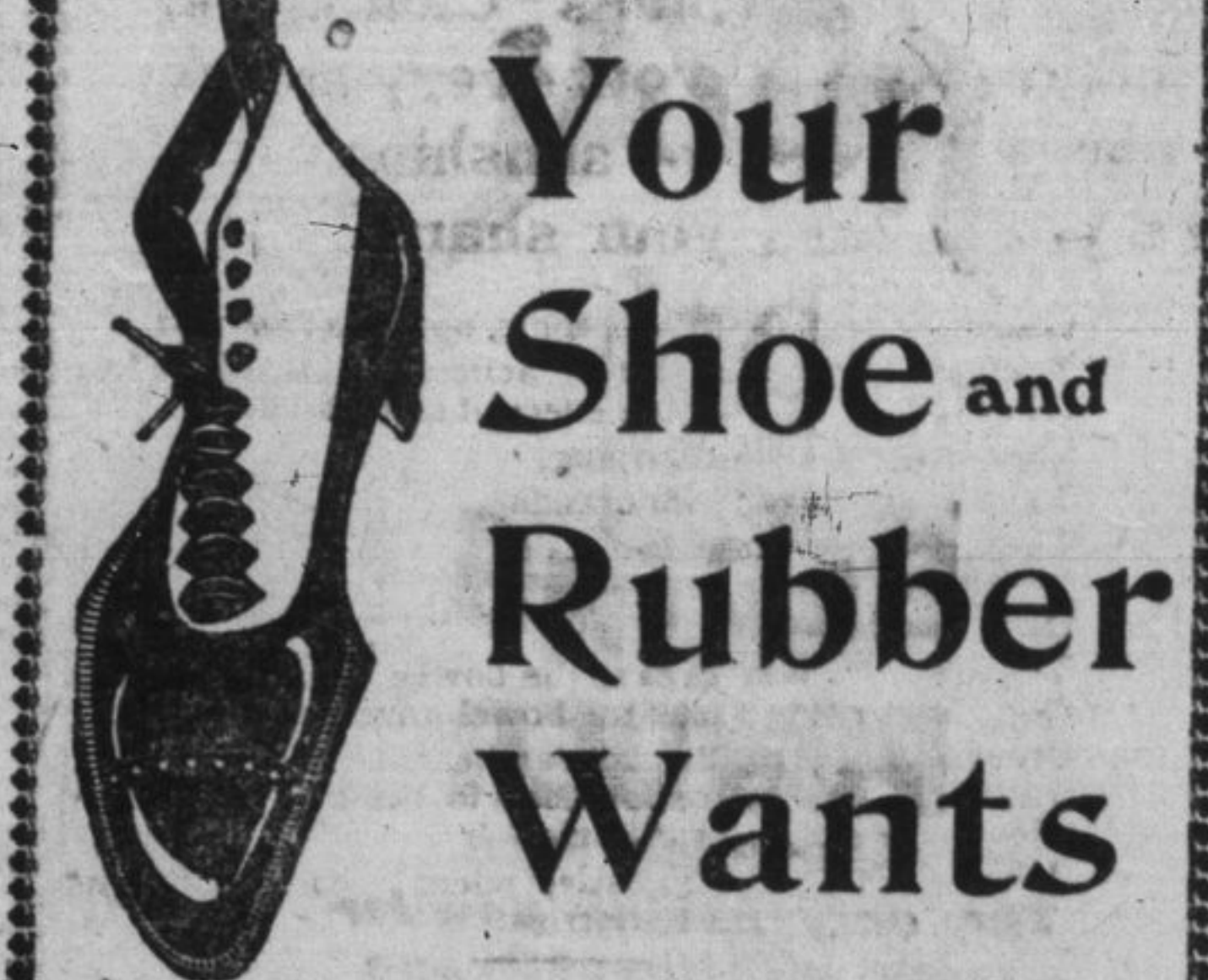
One lot of 10c Paste Polishes, 3c. One lot of 10c Paste and Figured Dressings, 5c.

One lot of 15c Liquid Dressings, 7c. One lot of 25c Liquid Dressings, 9c.

See these Bargains in our window. We will sell any quantity.

Abernethy's. The Home of Good Shoes. Sutherland's Shoe Store. Marmalade! Bitter Oranges, extra fine, 25c per doz.

Your Shoe and Rubber Wants



Can be attended to in a most satisfactory manner if you will drop into Sutherland's Shoe Store.

The Home of Good Shoes. Marmalade! Bitter Oranges, extra fine, 25c per doz.

A. J. REES, 166 Princess St. FREE HELP FOR MEN.



Address DR. KOHR MEDICINE CO., P. O. Drawer L 2341, Montreal.

No stock trusses used. A guaranteed truss, made to suit each individual case; special attention by long experienced expert.

Manufacturers of Trusses, Artificial Limbs, etc. Established 49 years. Bargains IN SHOE POLISHES.

We wish to clear out about 2,900 Tins and Bottles of Black Shoe Dressings. In order to do so at once, we offer the following Bargains:

One lot of 10c Paste Polishes, 3c. One lot of 10c Paste and Figured Dressings, 5c.

See these Bargains in our window. We will sell any quantity. Abernethy's.