Seem To Be Nature's Provision For Keeping Man Healthy and Warding Off Disease.

the elements needed for man's nour- ter a three weeks' holiday at his fath- Church, Lyndhurst, has returned well tehment. Yet fruit — though it has er's, in Picton. Mr. and Mrs. Morgan, pleased with her trip. The Taggart very little food value—has proved to Belleville, spent New Year's at Mrs. mines are still finding some nice mica.

Liver, Kidneys, Bowels and Skin. seven to nothing. Harry Graham is William G. Simpson and daughter, These are the organs that rid the body attending business college at Belle- | Winnie). Hamilton, are the guests of and the fruit juices stir them up to The buckwheat process will soon be W. G. Knapp spent Sunday with her more vigorous action, thus keeping ready. The Masons held their annual brother, William Hannah, Bolingbroke, But few people- eat enough fruit. Realizing this, after several years of experimenting, a prominent Canadian physician succeeded in combining the cinal action is many times multiplied. Seeley's Bay and Athens teams at ing, having been afflicted with paraly-Then he added valuable tonics and Lynthurst on Wednesday last did not sis for several years, which left him in made the combination into tablets call- materialize, the Athens team failing to a very helpless and feeble condition ture's cure for Constipation, Indiges- put in an appearance. The large until yesterday, he had another stroke bles. Mild as Nature itself - but E. W. Moore is taking a course in takes place at his home, Saturday more prompt and effective. Sold by dealers at 50c. a box-6 boxes for trial size box 25c. Fruit-a-tives imited, Ottawa.

With 3 Words

BEST (DONE)

WE TELL OUR STORY.

David Hall 66 Brock St. Phone 335



If there is any one thing that a woman dreads more than another it

is a surgical operation. We can state without fear of a contradiction that there are hundreds, yes, thousands, of operations performed upon women in our hospitals which are entirely unnecessary and many have been avoided by

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

For proof of this statement read. the following letter.

Mrs. Letitia Blair, Cannifton, Ont., writes to Mrs. Pinkham:

"I was sick for five years. One docor fold me it was ulceration, and anther told me it was a fibroid tumor and advised an operation. No one knows what I suffered, and the bearing down pains were terrible. "I wrote to my sister about it, and she

advised me to take Lydia E. Pinkham's Vegetable Compound.

"It has cured me of all my troubles, friends in Gananoque. and I did not have to have the opera-tion after all. The Compound also helped me to pass safely through Change of Life."

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, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulcera-

periodic pains and backache. Mrs. Pinkham invites all sick ymptoms of typhoid fover, but is pro- supation. Regular price 25c. et Wade's drug store. women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

THE FRONTENAC LOAN AND INVESTMENT SOCIETY

ESTABLISHED, 1863. President-Sir Richard Cartwright. an oyster supper on Friday night. Her-Money issued on City and Farm Pro- bert Fox and wife, of Roblin's Mills, Mortgages purchased. Deposits isited James Boyd on Wednesday. received and interest allowed. McGill, Managing Director.

WHAT WHIG CORRESPOND ENTS TELL US.

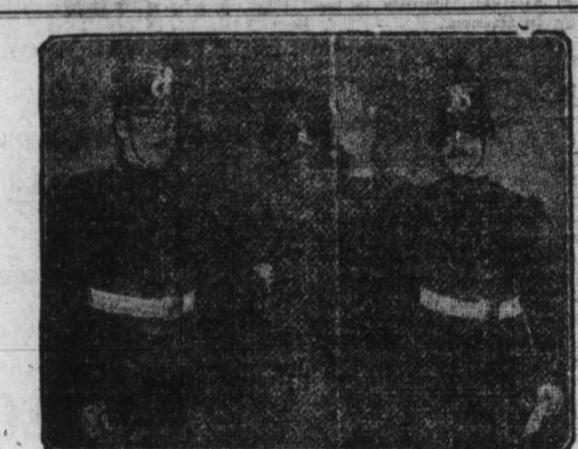
They Are Saying. At Business College.

Cereals, vegetables and meat supply | zie and family have arrived home af- Reynolds visiting his sister, Mrs. Eli be absolutely necessary for perfect J. I. Coleman's. Mr. Muirhead, junior Joseph Bain is cutting wood at the banker, from Toronto, has coached foot of the lake. Sleighing is fine and our village boys so that they were the ice is good on the lakes. The able to defeat Rednersville at hockey. young folks enjoy the skating. Mrs. If dead tissue and waste products, ville. The mill is grinding regularly. Mr. and Mrs. S. Jones. Mr. and Mrs. supper last week.

Seeley's Bay Doings.

James Hawley and S. Middleton have their rollways cut and George Bertrim. Quite a number enjoyed themselves at the tea-meeting at Bolingbroke. A wee girl has come to brighten the home of Mr. and Mrs. James The Tidings From Various Points Mahon Miss Jennie Mahon has rein Eastern Ontario-What | turned from Watertown, N.Y., where People Are Doing And What she has been working for nearly a year. Mrs. Arthur Harris spent a few days with her parents, and has returned home. Miss Ethel Reynolds is helping her sister, Mrs. William Jones Ameliasburgh, Jan. 13 .- G. Macken- at the mines. Mr. and Mrs. William

Died At Colebrook. Colcbrook, Jan. 14. William Seeley's Bay, Jan. 14,-The hockey Perry, an old and respected resident such a way that the medi- game to be played between the of this neighborhood, died, this morn-Billiousness and Stomach Trou- crowd present were much disappointed. which ended his suffering. His funeral



MADAME STEINHAIL UNDER ARREST he leading figure in the murder mystery that has absorbed all Paris for weeks past.

days, is a little better.

Willetsholme News.

Kingston Business College. All of the morning. Mrs. Z. Brown has had an- Antarctic, which was lost in 1902. old officers of Court Arlington, No. other slight stroke. Miss Alma Van- In Capt. Larsen, whose commercial 3842, I.O.F., were re-elected for 1909 alstine was re-engaged as tencher for instinct has been aroused by the unat the last meeting held. Albert Neal 1909. Hiram Wagar was elected limited possibilities of profit in the to his parents and friends in Norwich, years. F. S. Wartman spont a few seas during his adventures, Capt. Ont. Owing to illness, G. C. Moore days in Toronto last week. Burton Strumm found a most fascinating has censed operations with his rink. Sutton has returned from Montreal, host. It was by Capt. Larsen's per- cffect." Kill the germ that causes dam The Secley's Bay rink is being largely where he has been for a few weeks. suasion that the Argentine Fishing patronized and the ice is being kept Mr. Simpkins has returned to Syra- Co. was organized in splendid condition. Mrs. W. N. cuse, N.Y., after visiting his daughter Johnson, ill the past few days with a at Charles Lee's. Irvine Wagar, re- island, the wife of Capt. Larsen's not only contains the dandruff gerr bad cold, is slowly recovering. T. siding near Watertown, N.Y., has brother, with the exception of a few destroyer, but it is also a most de-Hurlburt, laid up with a severe been home for a visit. When he reattack of rheumatism, the past few turned his sister. Lena Wagar; went tain's wife comes to pay a visit. Mrs. use. No other flair preparation is on with him for a few weeks' visit, Miss. Libbie Riddell is visiting in King- lorgan and a graphophone, besides dandruff germ, and none other claims ston. Miss Tillie Wagar has been en. I books and plenty of fancy work. to be, for the simple reason that it is Willetsholme, Jan. 16.-Many from gaged as teacher at the Bethel school. Nopotism among the employes pre- only recently that a destroyer of the here attended the tea-meeting at Sun- Mr. and Mrs. C. Emmons, Odessa, ury, Thurshay last. Miss Nettie Ben- were visiting at H. P. Lucas'. Mrs.

nett has returned home, after spending W. Loan has returned from Waterfew weeks in Lansdowne. The Lad- town after an absence of several des' Aid Society of the circuit, was months. L. C. Groom, Guelph, was held at Mrs. John Wilson's on Janu- visiting at F. B. Wartman's. Fletcher ry 13th. Mrs. J. D. Brebner, Os- Huffman has returned to the Normal wego, N.Y., is renewing old acquains school at Ottawa. Mrs. McCormack, tances. Miss Hattie McNeeley is on Odessa, is visiting her daughter, Mrs. the sick list. Mr. and Mrs. B. Ball Cecil Woodruff. Messrs. Riddle and spent Sunday at John Wilson's. Her- Dafoe are preparing to cut ice. Nelson bert McNeelev and Frederick Elliott Walker is recovering from his recent have returned after spending a week illness. Hiram P. Lucas is not imwith friends at Madoc. Ella Wilson proving very much. Mrs. P. Connors, Buenos Ayres, whence it is transshipspent last week with her sister, Mrs. | who has been very ill, is slowly recov-Thompson, Maple Grove. Victor ering. Mrs. Allen is slightly better.



A GERMAN INSULT TO FRANCE

Early this session the picture here shown was placed above the light whales, whose whalebone is al-President's chair in the German Reichstag. It shows the German | ways worth the cleaning. No steam-Emperor's grandfather riding across the battlefield of Sedan er is allowed to bring in more than while a French Soldier is dipping the tri-color in the dust before six whales at once. If a captain him. Many members took exception to it on the ground that France brings in more he is reprimanded might look upon it as an insult and it was removed.

Fisher spent Sunday at .H. Orr's, Mrs. A. Estes is not improving as Wilson and family is visiting friends rapidly as we would wish. in Kingston, Visitors: J. Wilson and C. Clendinning at T. McNeeley's: To Cure A Cold In One Day. Dempster at James Wilson's: J. Take Laxative Bromo Quinine Tab Roberts at J. Bennett's; R. Weir at lets. Druggists refund money if it H. Orr's; Ena Wilson has returned fails to cure. E. W. Grove's signahome after spending a few days with ture is on each box. 25c.

Allisonville Notes. Allisonville, Jan. 15,-The remains of Mrs. Albert Delong were brought county court, to Everton H. Hartin, to allow the seals, sea lions, sea from Toronto on Tuesday to Belleville son of Asa Hartin, Picton. and then to Union church for burial The family had been residents of this can guess the number of cakes of killed. A seal may be killed only for place for several years and leaving Colgate's shaving soap in Best's win- food to Toronto, where they have resided since. Deceased's two the ghters, of church, Sherbrooke, Que., is looking the whole island there is not enough this place, Mrs. E. Terry and Mrs. W. H. Hubbs, have the sympathy of the tion, fibroid tumors, irregularities, people here. Charles Thomas has been very ill for the last week with ressing favorably. Grant Valleau was called to Rochester to see his son erald, who had been in the hospital there. He found him much improved and brought him home with him. The Oddfellows, of this place, held their At home cards, etc., British Whig ofannual oyster supper in their lodge fice. room over J. Boyd's store on the 12th. The club of this place also had

A Budget From Crow Lake.

H. Kimmerly, W. Harves Thomas Navlor were elected councillors for Deseronto on Friday last. Progress Brand suits and overcoats miles, and ten teams will enter. The twenty per cent. off. Livingston's sale. event is set for April. 5 Big 10c. rolls tojlet paper for a fleeing thief, and turned him over

On Tuesday the wedding took place

William Shearer, now of Picton.

Lennox Cascara Laxatives for Con-

stipation. Regular price 25c. each.

said are both ambitious for the war

Reeve Cleminson, Wellington;

Reeve Demosev, Ameliashurg, it

SOUTH GEORGIA MOST UNIQUE OF BRITAIN'S POSSESSIONS.

Tiny Community of British Subjects Hundred, of Whom Nearly All Are Profitable Visit to the Ice-Bound Whale-Fishers.

The barquentine Stranger, of Lunenburg, N.S., came into port the other day carrying in her signal locker a house flag with a red ground and a white whale in the centre. This is the flag of the Argentine Fishing Co. It was a flag obtained on a trip to a British colony situated as far south

In the South Atlantic, just outside the Antarctic Circle, 1,700 miles to the southeast of Buenos Ayres, lies the island of South Georgia. It is "thieves and broken men" as they 800 miles east southeast of the Falk- were called, and to bring to justice lands, contains about 1,100 square blackmailers and blackmailed, doubtmiles, and is a British crown colony less on the sound principle that the

fine-looking man, told how he hap- ties efficiently is certain, and they pened to go to South Georgia on a may have been drawn from the same voyage strewn with icebergs and field classes from which the Highland regiice, fogs and whales, and succeeded ments were presently recruited. But in getting away with the charter safe- their duties were not the duties of ly and clearing \$5,500 for his owners | soldiers, and though a "historic sucing for a cargo of hay or ballast to earlier watched on the braes. Those come north again.

His ship broker told Capt. Strumm that the Compania Argentina wanted to charter for South Georgia, and inside of an hour and a half the charter was the Stranger's, while three Norwegian barques, afraid of the ice, lay idle in the Platte. The barquentine took aboard 100 tons of coal as ballast, 840 empty barrels and a nine-ton boiler for the strangest and most distant whaling station. There ice and whales were found as plenty as stones in a Connecticut pasture. Arrived at the island, the Nova

Scotian found a colony of sixty men ashore and forty men affoat, manning a fleet of three small steamers engaged in whaling. The governor of South Georgia is Capt. C. A. Larsen, who was the commander of Dr. Otto Nordenskjold's exploring ship, the

vails, and so far as Capt. Strumm could learn most of the men on the island and steamers are related in some way. In addition to his monthly wage every man receives a bonus of half a cent on every cask of oil.

Whales, whales! It is nothing but | picide Co., Detroit, Mich. Two sizes, 50c. and \$1.00. G. W. Mahood, specwhales in these waters. There are | ial agent. narwhales, or unicorn whales; right whales and humpbacks, and while the Stranger lay in the bay one blue whale was taken that measured ninety-five feet. The oil is sent to ped to Europe and to some extent to Is To Be Miserable. the United States. The plant on orgia has been established It turns out 200 barrels whalebone from the right

lings about \$7,500 a ton, and from the narwhal \$3,200. The product for this year will be 20,000 barreis. It selfs for \$20 a barrel. The steamers are built in Norway

and have three hawse pipes on eac side for towing the whales to the island. Next year a floating station, consisting of a large steamer equippe with plenty of boats and a trying-out plant, will be run in connection with the land station. While Capt, Strumm was there a steamer came in, towing two right whales. "Here's your freight," said Capt. Larsen to Capt. Strumm. "Those two whales are worth just \$5.500."

Right whales are the most rare There are so many "nars" and humpbacks that only one steamer is sent after these, while the other two steamers go to the north end to shoot Sixteen right whales were shot the first year, twenty-six the second and seventy-eight the last year. Whale meat, if pickled in order to take out the taste of the oil, can hardly be

distinguished from beef. The Norwegians talked of annexing South Georgia, but this made the Argentines jealous, and Great Britain settled the question by sending a warship the first year and planting the British flag on a snow-covered mountain 2,800 feet high. The British of Miss Vita Pearl Gilbert, daughter Government made Capt. Larsen resiof Nehemiah Gilbert, clerk of the dent governor, with strict orders not leopards, sea elephants or other A Gillette safety razor free if you animals of their kind to be wantonly

The mean temperature of South The congregation of St. Andrew's Georgia is about 34 degrees, and on for a pastor and would like to have grass to cover the deck of the Strangwith them again a former pastor, er. The wind blows at the rate of nearly seventy miles an hour.

Advance In the Price of Whisky. London distillers of grain spirits gave notice recently of an advance of two pence per gallon in the price of whisky. The reason given for the advance is the great increase in the cost We print and engrave visiting cards, of production, owing to the higher prices of raw materials.

> Alaskans are to race dogs for \$10,000 prize. The distance is 440 Longboat ran in New York, caught

A FAMOUS REGIMENT.

The Early History of the Black Watch -Guard to Watch on the Braes.

By far the most famous of the Highland regiments is the 42nd, otherwise known as the Black Watch. The date of its origin, says a writer in Blackwood's, is uncertain. The author of In Antarctic Regions Number One Watch," recently published, a history in which the achievements of the Royal Highlanders are set forth with Men-Nova Scotian Skipper Pays a modest and business-like simplicity, declares that the regiment came into being at least as early as 1725. Mr. Andw. Ross, in the "Military History birth. He dates its "historic succession" from the 3rd of August, 1667,

when Charles II., issued a commisshould think fit "to be a constant guard for securing the peace in the

pigeon is not much better than the Capt. A. P. Strumm, a well built, rook. That they performed these duin two months. The Stranger, with cession" of a kind may be continuous, nearly the last of her load of lumber | it is not easy to connect the six comfrom Bridgewater, N.S., out of her, panies of Highlanders raised in 1725 lay at the Boca, Buenos Ayres, wait- with the bodies of men who 50 years six companies, whose sombre tartans, a stern contrast to the red coats of the regular troops, gave them the name of the Black Watch, were enrolled for the plain purpose of guarding the highlands against disaffection. Though the officers were Whigs, the gentry of Perthshire and the neighboring counties eagerly enrolled themselves, glad that they were permitted once more to bear arms. Many of the privates were gentleman-soldiers, who, to the surprise of the English "had gillies or servants to attend them in quarters, and on a march to carry their provisions, baggage, and

> A farmers' club was organized in the South Bay school Jan. 8th. Of ficers elected : President, Peter Col lier; vice-president, Harvey Grimmon; secretary, S. S. Farrington; directors, Stephen Dulmage and Irvine Hicks.

TO CURE DANDRUFF.

left Monday last for a few days' visit school trustee for the ensuing three whale industry in the near Antarctic It is Necessary That the Dandruff Germ Be Eradicated.

"Destroy the cause, you remove the druff, falling hair and baldness, you will have no more dandruff and your There is only one woman on the hair must grow luxuriantly. Herpicide weeks in each year when the cap- lightful hair dressing for regular toilet Larsen has in her home a piano, an the scientific basis of destroying the germ has been discovered-Newbro's Herpicide, the only hair preparation that actually kills dandruff. Sold by leading druggists. Send 10c. in stamps for sample to The Her-

To Be Dyspeptic

Dyspepsia is the prevailing malady of civilized life. It is largely due to gross errors in diet, over-eating, too free indulgence in stimulants and over-taxing the stomach with indigestible food, eating too rapidly without chewing the food sufficiently, indulging in hot biscuits, pastry, pickles, confectionery, etc.

Constipation, headache, heartburn, sour stomach, distress after eating, belching of wind, faintness, and fullness and distention of the stomach are a few of the many distressing symptoms of the poor, weary dyspeptic. Burdock Blood Bitters regulates the stomach, stimulates the secretion of the saliva and gastric juice to facilitate digestion, removes acidity, purifies the blood, and tones up the system to ful health and vigor, and thereby cures dyspepsia and all its tributary diseasea.

Mr. Amos Sawler, Gold River, N.S., writes:- "I was greatly troubled with dyspepsia, and after trying several doctors to no effect, I commenced taking Burdock Blood Bitters and I think it is the best medicine there is for that complaint."

For Sale at all Druggists and Dealers.

hallinaris

As supplied to the

Emperor of Germany, King of England, Prince of Wales, King of Spain, etc.

JANUARY BARGAINS

Ladies' Felt Slippers, 65c., reduced to 48c. Ladies' Felt Slippers, \$1.25, now selling at \$1.00.

Other lines of Felt Slippers, 20c, 30c and 40c.

Many lines of Shoes at reduced prices. See our Men's Tan Goodyear Welts Hockey Boots, regular \$3.50, clearing out at

THE SAWYER SHOE STORE

NOTICE.



After stock-taking we find that we have several lines larger than usual that we are clearing out at sale prices. Couches, in fancy shades of

velours, only \$6.50. Five and Three-piece Parlor Setts in silk, only \$20. Extension Tables in surface

oak, 8 feet. only \$6.50. Dining Room Chairs, fancy backs, only 75c each. Also

Brass and Iron Bedsteads, Springs and Mattresses. JAMES REID, The Leading Undertaker. Phone 147.

Ripe Bananas

Tangarines, Florida Grape Fruit, Sweet Navel Oranges.

A.J. REES, 166 Princess St

Phone 58.

FURNITURE SPECIAL



Everything reduced from

10 to 15%.

This will be a splendid opportunity to save money

230 Princess St Phone 577.



PLUMBERS:

Try our PURE LEAD in five pound blocks. The price is interesting.

Canada Metal Co., Ltd. 31 William St., Toronto.

FOR TUESDAY AND

For two days only we will run a 79c sale. See the many bargains for

79c.

Any pair of Women's Felt House Slippers in our store. Regular \$1, \$1.25 and \$1.50. We have or Felt, worth \$1 and \$1.25. TUESDAY and them in many colors. TUESDAY and WEDNES-

\$1. TUESDAY and WEDNESDAY79c.

Any pair of Children's \$1 Boots, on TUES-DAY and WEDNESDAY79c

Any pair of Men's \$1 Slippers, on TUESDAY

Any pair of Children's Leggins, in Corduroy, WEDNESDAY

Any pair of Women's Colored Spats. Regular Any pair of Girls' Corduroy Leggins. Sizes 11 to 2 Regular \$1.25. TUESDAY and WED-

If you want a real good bargain, don't fail and WEDNESDAY 79c. to attend this SPECIAL SALE.

ABERNETHY'S.