WORK WITHOUT FATIGUE You won't feel exhausted when you take

EPPS'S COCOA BREAKFAST!

It will sustain you as nothing else will-there is strength in every particle of it. As a supper beverage it is perfect

QUALITY IN SUGARS

All Sugars do not look alike, if placed alongside each other. Every Grocer knows this. We want the Consumer to know it. Insist on having



EXTRA GRANULATED SUGAR You will not only have a good Sugar, but the best on the market. The clear white color proves the superior-

ity of "Redpath" Sugar. When buying Loaf sugar ask for REDPATH PARIS LUMPS in RED SEAL dust proof

cartons, and by the pound. The Canada Sugar Refining Co., MONTREAL, CANADA.

Established in 1854 by John Redpath



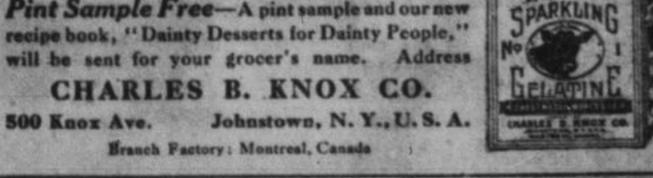
Knox Chocolate Plum Pudding

box Knox Sparkling Gelatine. 14 cup sliced citron or nuts, as cup currants. cup sugar. teaspoonful vanilla. cup seeded raisins. Soak the gelatine in the cold water. Put milk in double boiler. Melt chocolate; add to milk and add sugar and sait. Scald and remove from fire. Add gelatine, and when it begins to set, add the fruit and vanilla. Serve with the following sauce or whipped cream: Beat white of one egg stiff; add one tablespoonful confectioner's sugar and one-half cup milk slowly. Flavor with vanilla.

Knox Pure, Plain Gelatine

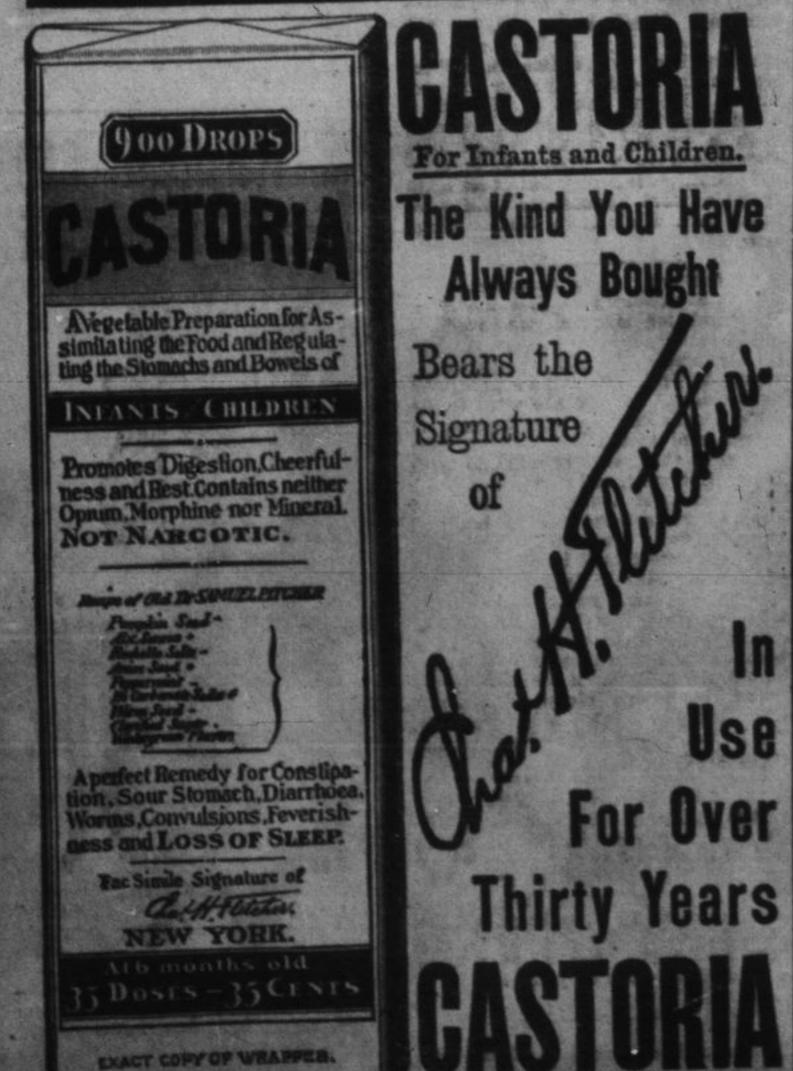
will encourage the appetite. It is one of the secrets of "good cooking." Knox Gelatine means best-biggest money's worth-for each package makes two full quarts. It is economical to use. No waiting for Knox Gelatine to dissolve. It is granulated and dissolves quickly.

Pint Sample Free-A pint sample and our new recipe book, "Dainty Desserts for Dainty People," will be sent for your grocer's name. Address



Knox.

THE GENTLUR COMPANY, NOW YORK GITT.



NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

The Tidings From Various Points in Eastern Ontario-What People Are Doing and What They are Saying.

Revisited Home of Childhood. Sulphur Springs, N.Y., Feb. 28.-Mrs. Amelia Allison, of Adolphustown, Ont., visited the home of B. J. Eveleigh, last Saturday, this farm once being the home, of her parents, Mr. and Mrs. Membrey, who sold it to the iate John Eveleigh seventy years ago this spring, and moved to Canada. This farm has remained in the Eveleigh family since that time. She was accompanied by Mrs. Margaret Eve-leigh, of Sacket's Harbor.

At Oso Station.

Oso Station, Feb. 27.-A number from here attended the party at William Kimberly's, on Friday last. Robert Paterson is home from the lumber legs. woods. Quite a lot of wood and logs have been hauled to the siding here. Mrs. S. C. Bourke called on friends in Carleton, Place last week. Miss Edna Warren is ill. John Charlton and wife spent Sunday at Alexander England's. Mrs. Henry Sargent called on friends here on Sunday. Quite a number attended the show in the hall on Fri-

Plevna Personals,

Plevna, Feb. 27.-Ground hogs have returned, and there is every sign of an early spring. Mrs. G. Ostler returned home from Kingston, bringing her mother, Mrs. Elkington, with her. All are sorry to learn of Mrs. P. Kellar's these at her son's, in Fernleigh, Miss lennie Hill returned to the parental roof for a few weeks' visit. Mrs. J Breen, Sr., of Wensley, is at her son's, J. Breen. Mr. and Mrs. J. Brown, of Wensley, at A. Veness'; Miss Etta Olhman, at her sister's, Mrs. J. Brouse; Miss T. Paul is spending the

At Brewer's Mills,

Brewer's Mills, Feb. 27 .- The stone work at the locks is completed, and the masons have returned to Ottawa. The sisters of the House of Providence Kingston, have made their annual visit through this vicinity. H. Fisher, has returned to the west, taking with him a carload of horses. The many friends of J. McKenny are sorry to ear of him being ill. Recent visitors: Mr. and Mrs. E. P. Murray, Kingston; J. Tierney and sister, Seeley's Bay, at J. Murray's; Mr. and Mrs. J. Boyle and daughter, Taylor, at J. Smith's; Mr. and Mrs. P. Milne, at T. Dier's, Warburton; M. Smith, at E. Smith's, Seeley's Bay; B. J. Murray, is visiting in Escott.

Married at Cape Vincent, N.Y. Cape Vincent, N.Y., Feb. 24.-John . Borland and Miss Martha J. Me-Kinley, daughter of Mr. and Mrs. Bernard McKinley, were united in marriage at St. Vincent de Paul's church. Cape Vincent, Wednesday afternoon, Rev. Father Guilbeault officiating. As the bridal party entered the church Mrs. Louis Whearty, of this city, sang, "O Promise Me." Miss Afice Nolan, of Carthage, attended the bride, while Leland Tryer, of Cape Vincent, acted as best man.

Following the ceremony, a reception was given at the home of the bride. About fifty invited guests attended. The young couple will go to Syra-cuse and New York city on their wedding tour, and upon their return wil taken up residence at Cape Vincent.

Doings at Mallorytown. Mallorytown, Feb. 27.-Harry Stooksberry, has received his permit, and has been engaged the second year to make cheese in the Rockfield facbe around. Harry Stooksberry remembered his friends who helped him in drawing wood by giving them a pleasant evening, Tuesday, at his home. Ottawa hospital, having typhoid days. John Hunt and family, have rectory here, by Rev. A. Bareham. moved into the house formerly occupid by Mrs. Amanda Mercer. The the rink here, Saturday, between Lans- his discredit. ill, is able to resume her duties.

Budget From Philipsville. Philipsville, Feb. 27 .- Mrs. Wright W. Topping has returned from the general hospital, Brockville, much improved in health. William Kennedy has eft here, for his home in the far west, after visiting his mother for a couple of menths. D. P. Alguire, Westport, spent a couple of days with his sister, Miss A. Alguire, Miss Pearl Topping, of Elgin, is the guest of her brother, for a couple of weeks. Miss Anna Beach, is visiting Miss Pearl Topping. Nathan Carr, has taken A. Brown's farm, on shares. Wilson Topping, has rented W. B. Philps farm residence just vacated by M. Carr. The trustees of S. S. No. 9, have sold the old school site and building to A. King. William Gibson and wife, Chantry, are visiting their daughter's, Mrs. Wesley Tockberry, W. B. Phelps fell on the ice, which shook him up considerably. Mr. and Mrs. Vananwerp have returned to their home in Detroit, after a value in the cure of disease. visit with her brother, A. Brown. Cows sold as high as \$80 at the Stevan's and Shire sale last week. Miss Lucile Whitmore entertained several of her young friends on Saturday | temptation to imitators. They expect

A Lombardy Wedding.

Lombardy, Feb. 27.-Rev. archam was able to take charge Mrs. Nelson Covell, to C. McLean, of Winnipeg, formerly of Perth. The will take place on March 2nd, As it is made of simple ingredients of the extent that no previous generation who have taken it for the same purpose has shown. From some of the extent that no previous generation who have taken it for the same purpose and they join me in praising it.—Mrs. in Trinity church, Lombardy, and af. of proven value, it is well suited for terwards at the home of the bride's as a treatment for children. That the reading public is on the London, Ont. parents, Mr. and Mrs. N. Covell, a it is effective in the cure of croup, side of the criminal as against the reception will be held. Miss Mary O'. bronchitis, whooping cough and the stimula stimula stimula as against the law. Tales that would be unheart-Grady, left on Saturday for a visit in Westport. Robt. Sinnott, who has been ill for some time, is reported no hetter. Mr. and Mrs. B. B. Bellaray dealers or Edinanson, Bates & Co., theft, to be received with much nervous groutration.

Totouto.

From Funville.

By GEORGE O. BAKER.



THE LONG WAIT. The Guest-It took you over an hour to serve that order of frogs'

The Waiter-But there are so many orders ahead, monsieur. The Guest-Indeed! Well, the next time I'll order tadpoles and perhaps they will be frogs when they



rant keeper; he has a peculiar mania. IN HIS LINE. Guard-He refuses to accept "How accurately that mechanic food unless it is served in cracked swings his hammer." "Yes; he used to be a golf in-



"Is this an unusual winter?" "It must be; all the winters that were just like this were more so."



CONSISTENT.

Visitor-How's that?

Guard-This patient was a restau-

HIS THOUGHT.

crooked bill you will be trailing

eople who are working for that

The Congressman-Well.

bill certainly have the dust.

your name in the dust.

The Senator-If you vote for that

Simon-Wonder why people make so much fun of poets? Simple-Perhaps it's because of

COMMIT CRIME.

Put Down With a Firm Hand.

is a main cause of the growth of

in a remarkable preface to the Blue

the Home office. This preface is

written by M. B. Simpson, C.B., of

the Home office, but Sir Edward

Troup, the Permanent Under-Secre-

tary, explains that the suggestions

must be taken not as the official

views of the department but as con-

been led after long experience and

In 1909 the number of persons

tried for indictable offences was 67,-149, considerably larger than in any

year except 1908, when it was 68,-

116. The increase is not accounted

for by trade depression. Indeed,

owing to reluctance to prosecute for

small offences it is probably much

greater than the mere figures show,

tual criminals. In short, criminality

community. Why? The report

says. No intelligent person can have

failed to notice the marked growth

since 1898 of a strong sentiment of

compassion for the criminal. Mitiga-

tions of prison discipline, the Proba-

tion of Offenders Act, and the estab-

These, it may with considerable con-

fidence be hoped, will in the long run help to diminish the total amount of

ments which have been effected during

the last ten years in our penal system

has been to facilitate an offender's re-

turn to the path of honesty and to

way. But public sentiment, or, at any

In the magazines and newspapers,

you to take chances with their medi- rate, the sentiment that finds public

close study of criminal questions.

Mr. Simpson puts forward

crease in Crime, Which Should be

Falls, where they will for the future reside. The congregation of the Meth-odist church tendered a reception to them before their departure, and Mr. and Mrs. Bellamy were the recipients EXPRESSED FOR THOSE WHO of many gifts as souvenirs of the occasion. C. N. R. surveyors have been at work in the immediate vicinity for The Result is That There is an In-Dunn, Smith's Falls, spent the week end with Mr. and Mrs. B. Blancher, D. McTavish, Saskatoon, was recenttory. Charles Miller, is still unable to ly married to Miss H. Anderson, daughter of Henry Anderson, Drummond. After a short visit with relatives here, they will leave for the west. Mr. and Mrs. William Ireland and children, spent the week-end with relatives at Easton's Corners. fever. Mrs. Buchanan, of Alberta, is A. Polk and D. R. Polk, of New home visiting her mother for a few Boyne, were quietly married at the

The one who is constantly predictlockey match to have been played on ing is sure to have many failures to clusions to which he personally has

downe and Lyn, was postponed. Mrs. Do not waste time to-day in plan-F. M. Purvis, teacher, who has been ning more work than you can possibly do to-morrow.

Is an Imitation Cough Medicine Good Enough for Your Children?

When you are sick and send for the doctor you don't want him to send a lishment of the Borstel system have young medical student he has in his been the outcome of this sentiment. office. You would rather have the young fellow experiment on somebody No more do you want imitations of crime. The main object of the amend-

the medicine you know to be of proven The remarkable success of Chase's Syrup of Linseed and Turpentine in the cure of croup, bronchitis make the punishment imposed on him and colds has proven too great a an aid rather than a bindrance in his

cines because the price is a lew cents expression, has gone far beyond this. Imitations are never told on merit, that are ordinarily regarded as rebut depend on the merit of the article flecting public opinion, articles on they imitate. You don't want to be crime and punishment are commonweeks' illness. Invitations have been issued for the marriage of Miss Sarah Covell, daughter of Mr. and

When Dr. Morse's Indian Room Pilis Cured her Chronic Liver Complaint

Mrs. R. Smith, of Winnipeg, Man., tells an interesting story of relief from almost intolerable sufferings:

"I can hardly tell you how great my sufferings have been. Chronic liver complaint accompanied by biliousness were a daily source of trial to me. Every day I experienced the sickening effects of these ailments. I longed for some medicine that should permanently drive them

Hearing of Dr. Morse's Indian Root Pills, I thought they were worthy of a trial. My surprise was indeed great, From the very first I experienced relief. Continuing with them I found my troub-les were slowly but surely leaving me, and before long I once more knew what it was to be free from the harassing effects of the ailments that had long sickened and weakened me. So great is my faith in Dr. Morse's Indian Pills that I shall never on any account be without

Dr. Morse's Indian Root Pills cure Bowel and Kidney as well as Liver troubes, and keep you healthy. 25e a box at your dealer's.

Sowards Keep Coal Coal Keeps Sowards.

HAVE YOU TRIED HIM? 'Phone 155. *************

Your kitchen needs this superb flavoring

MEND to the groceryman to-day for a

bottle of the most delighting flavoring money can buy-

Made from the choicest Mexican Vanilla Beans in a way that gives you more value for your money-and a finer flavoring-than you ever got before. You'll never buy anther kind of vanilla once you use Shirriff's.

& Caution: - A smaller quantity & required than of any other & That compassion for the criminal & extract.

crime in the last ten years, is stated Other delicious Shirriff flavorings R are: Lemon, Almond, Rose, Pine-Book on Judicial Statistics issued by & apple, Strawberry, Ratafia and & ninety more.

7 YEARS

I Was Cured by Lydia E. Pinkham's Vegetable Compound

Waurika, Okla .- "I had female trou-

bles for seven years, was all run down, and so nervous could not do anything. The doctors treated me for different things but did me no good. got so bad that I could not sleep day of Lydia E. Pinkham's Vegetable Compound, and

wrote to Mrs. Pinkham for advice. Ina short time I had gained my average weight and am now strong and well." -Mrs. SALLIE STEVENS, R. F. D. No. Box 31, Waurika, Okla.

Another Grateful Woman

London, Ont -I feel as if I could not tell others enough about the good Lydia E. Pinkham's Vegetable Compound has done for me. I was so weak and tired that I could not rest nights. A friend recommended your Compound and I soon gained health has shown. From some of the ex- and they join me in praising it. - MRS. WM. A. BUFFY, 905 Dame St., e

Lydia E. Pinkham's Vegetable Compound has surely cured many cases of

OUR CONSIGNMENT Of Green and Black Teas from Cey lon have arrived. Though prices are much higher, we are still selling at 30c per lb.

> ANDREW MACLEAN, Ontario Street.

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> T. . LOCKHART, Real Estate Agent,

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to principal stores and theetre. Charges are moderate. Special rates by the week.

P. M. THOMPSON, Proprietor.

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prompt delivery.

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earn money-nor do we want to. WE ARE PLUMBERS Who do high grade work,

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