

Don't Have "Spring Fever"

"Spring Fever" is just another name for Biliousness, Irregular Bowels, Upset Stomach.

What you must do is to get the blood pure—by stirring up the liver—making the bowels regular and the stomach sweet. The quickest, and surest, and pleasant way to do all this is to take Abbey's Salt. It's the best spring tonic.

Abbey's Salt
Efficient
Laxative

50 YEARS EXPERIENCE

Redpath

EXTRA GRANULATED SUGAR IS ABSOLUTELY PURE

The first and great essential of a food product, is Purity; the Purity and Quality of our Extra Granulated have never been questioned.

Once make a comparison with other Sugars and you will not be satisfied with any but Redpath.

Dainty Tea Tables are always served with PARIS LUMPS to be had in RED SEAL dust proof cartons, and by the pound.

The Canada Sugar Refining Co., Limited
MONTREAL, CANADA.

Established in 1854 by John Redpath

You Know the Signs

of biliousness—the out-of-sorts feeling, headache, dull eyes, dizziness, bad taste, salivary skin, sick stomach. Get rid of these as soon as they show and you will be happier and feel all the better. You can do this easily and prevent return of the troubles.

BEECHAM'S PILLS

are a natural, safe and reliable corrective. A few small doses of Beecham's Pills will cure their value to you—they will tone up your system, remove the signs of biliousness, help you out of stomach and liver disorders, keep your kidneys active and your bowels regular. Tried and always effective, Beecham's Pills are the family remedy which always

Should be on Hand

Prepared only by Thomas Beecham, St. Helena, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

Just the corn-kernel—the veritable "sweetheart" of the corn—rolled paper-thin and crisped a golden-brown. Kellogg's

TOASTED CORN FLAKES

is just a little better than delicious! The first spoonful will tell you better than a page full of adjectives, why this is the cereal you never tire of for breakfast.

Look for the name on the package

10c

Kellogg's



Father Morrissey's "No. 11" Cures Stomach Troubles.

When your stomach is working right you never know it is there. But when it feels as heavy as lead—when you have Heartburn, Belching of Wind, Sourness, a gnawing hunger, with distress after eating—when you feel irritable and depressed—then you may know that the digestive fluids in the stomach are not sufficient to digest what you eat.

Father Morrissey's "No. 11" Tablets supply these fluids in concentrated form. Each tablet, dissolved in the stomach, will digest 1 1/4 pounds of food, which is more than an average meal.

Read what Father Morrissey's treatment did for Mr. Gosline, of Salmon Lake. He writes Nov. 30, 1908:

"I was troubled with indigestion, so severe that I really thought I had cancer of the stomach. I took much doctors' remedies, till I was forced to seek another resource, and this was the Rev. Father Morrissey. His treatments worked miracles, until I have been entirely cured, so that now I do not look to the quality of the diet but to the quantity."

50c. at your dealer's.

Father Morrissey-Medicine Co., Ltd.,

Montreal, Quebec.
Sold and guaranteed in Kingston by Jas. B. McLeod.

NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

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

At Oso Station.

Oso Station, April 6.—Most of the farmers have tapped their sugar bushes, but there is only a small run of sap. The lenten services were cancelled this week owing to Mr. Smart being sick. Quite a number attended the party at Mrs. Chambers' on Friday night. Miss Lettie Chambers has gone to work in Perth. Thomas Webster has left for New Ontario. Archibald Grey has been going his rounds assessing for the township.

Doings at Selby.

Selby, April 5.—The cheese factory opened here on Monday last. The infant son of H. Sexsmith, of Newburgh, was buried in the family plot here last Tuesday. E. McCormick left for the west on Wednesday. S. Anderson is having his barn repaired. A. Wood and wife spent Sunday at Melrose. Rev. Dr. Purdy has had a call to Buffalo and intends to leave soon. Miss R. Williams is spending a few weeks at Croydon. F. Wood and wife and J. Wood and wife attended the funeral of R. Storm's child on Sunday, at Newburgh. Visitors: Mr. and Mrs. Parks, at W. Hunt's; J. Booth and D. Denison's; W. Ramsay and wife, at C. Arnold's.

At Kaladar Station.

Kaladar Station, April 5.—Miss Eves, teacher, and B. Banker spent Monday in Cloyne with Mr. and Mrs. Hugh Bishop, S. Legree, Kingston, who were here on Tuesday. A number of the young people attended the party given by Mr. and Mrs. Baskin, Ferry Road, on Thursday last. Miss A. Nicoll is spending a few days in Northbrook, the guest of her cousin, Miss L. Abbott. B. F. Dettlor, of Arden, and owner of the Carman House, here, is erecting a new kitchen. The many friends of Miss Madeline Dunn were sorry to learn of her illness. Miss Mary Hughes, Napanee, is spending a couple of weeks with her parents here. Miss L. Fleming entertained a number of her friends on Tuesday evening last. Mr. and Mrs. Frank Babcock and son, Leslie, of Napanee, are the guests of Mrs. Babcock's parents, Mr. and Mrs. Byerson Keller.

Wolfe Island News.

Wolfe Island, April 6.—Mrs. Peter O'Shea has been ill with appendicitis. Mrs. William Fawcett was taken to the general hospital, last week, and underwent an operation for appendicitis. She is recovering nicely. George McAllister leaves next week for Regina, where he will teach school. Gregory Keegan and family moved, on Tuesday, to Watertown, where he has opened a saloon. Miss Charlotte Davis has gone to Buffalo, on a visit. Daniel McGlynn has returned from Brewer's Mills, where he was visiting friends. The Russell brothers, William and Richard, have left for Buffalo, to take charge of their boat for the summer. The boys will be much missed by their many friends. James McGlynn has made good time in assessing the island. He has his work all completed. H. Card has purchased a new hack. William Laughlin is recovering nicely from an attack of blood-poisoning in his hand.

Doings at Denbigh.

Denbigh, April 4.—Mrs. Alfred Glaeser, of Cobalt, who, with her two children, has enjoyed a few months visiting at her husband's parents, Mr. and Mrs. H. Glaeser, has returned to New Ontario. Albert John and William Rahm, who, since last fall, have been working in the lumber camps near Sault Ste. Marie, have arrived home to assist doing the spring work on their father's farms. Andrew Kerr has rented a two hundred acre farm, on the Addington road from Mrs. W. J. Slater, and intends to move on it in a few days. Philip Plet has bought a 200-acre farm on Pumpkin street, from Edward Petzold, Jr., and has commenced moving his chattels on to it. Joseph Youmans has rented a farm from J. S. Lane and has moved with his family on to it. The families of Andrew Kerr and Arthur Cranshaw have been increased by the arrival of a little daughter in each. The Playant Bonhigh mail route changed hands on the 21st inst. Daniel Killenbeck, of Plevna, assumed it on that date.

Budget From Caintown.

Caintown, April 5.—Mr. Sanderson, Ferguson, has been engaged to work this summer at Eli Tennant's. Miss Edith Connell has returned home. Mr. and Mrs. John Kincaid, ill with grippe, have quite recovered. Mrs. James Leader, who is with her daughter, Mrs. D. Andrew, is somewhat improved in health. G. Hewitt has been engaged to work for Fred. Tennant. Charles Furvis has quite recovered from his very serious accident, and his son, Walter Purvis, has returned to his duties at Brockville Collegiate Institute. Mrs. M. A. Hay has moved into the house owned by William Graham. Mrs. T. Dickey and Mrs. F. Hodge spent a few days in Brockville visiting Mrs. R. Hodge. Mrs. Nancy Buell is able to be around again. George Turkington has moved into the house owned by Christopher Tennant. Caintown cheese factory has opened for this season. Arthur Kelly, of Mallorytown, is maker for 1911.

Erinsville News.

Erinsville, April 5.—R. Mahoney has recovered from a severe attack of pneumonia. The funeral of the late Michael Manion, Lime Lake, took place on Friday, March 31st. His remains were deposited in the vault here. Miss Margaret Keegan, returned on Saturday, after having spent the past couple of weeks with her sister, Mrs. Hickey, of Godfrey. Several car loads of potatoes have been shipped from this vicinity lately. Thomas Evans' family are visiting in Madoc. Miss Dottie Matthews, sick for some time, is improving. The marriage of Miss Lillian Anderson, formerly assistant station agent here, to Frank Hughes, of Marlbank, took place in the latter village

recently. The newly married pair purpose taking up residence at Scrathorn. Miss Margaret Power and Miss Honora O'Neil have taken positions with the Robinson Co., Napanee. W. M. Flannigan, who has had a severe attack of typhoid fever, is improving in health.

Reports From Ardoch.

Ardoch, April 5.—The assessor, F. Keller, made his trip through Ardoch on Tuesday night. Mrs. J. James Darue, sr., is ill with pneumonia. R. Reid, public school inspector, visited the schools about here last week. Mrs. George Hamilton is ill. W. A. Wagon had George Martin's machine sawing wood for his house and cheese factory. Misses Rilla Gilmour and Lucy Gray have been ill with grippe. Everybody enjoyed the talk of O. Yeomans gave at Sunday school Sunday morning. Messrs. R. M. Munro, V. Babcock and J. B. McKinley are away to Kingston on business. Visitors: Mrs. Herbert Baldwin and children, at John McDonald's; James Head, at William Johnson's; Archibald MacLean, at Ompah; O. Yeomans and B. Schoenauer, at W. A. Wagon's; Mr. J. Henry Lake, of Mallorytown, at Thomas Tapping's; A. Miller, at the boarding house; Andrew Brown, at Edward Gilmour's; Florence Vanalstine, at Plevna; Mrs. Jacob Godkin and family, at R. G. Watkins'.

Wolves Killing Deer.

Clarendon, April 5.—New maple syrup is scarce as yet. Wolves are playing havoc among the few deer that "ward" in this vicinity, and several dead carcasses have been seen by settlers and tracks of the victim fell and was partially devoured. Game wardens and lovers of sport should contrive some means to get rid of these pests. Messrs. E. and D. Barr have gone to Almonte for the summer. Mrs. M. J. Hunt has returned from North Dakota. Messrs. R. Leishman, A. Campbell and T. Kirkham were in Perth last week on business. James Campbell has sold his driver and bought another. Robert Jones sold his Percheron team and bought a pair of Clydes. J. A. Burke will have the heavy cut of logs at Little's mills this year. David Riddell recently delivered two boilers to be used at diamond drill work at the old Robertsville mine. S. Jacob is contracting for timber to go to Collins Bay for the Exploration Syndicate company. Thomas Webster has gone to Cobalt. Girls arrived at the homes of Ernest Riddell and Samuel Barr.

Tidings From Parham.

Parham, April 5.—John Goodfellow, Sr., has returned from Kingston, where he was undergoing medical treatment. Roy Knapp, of Westport, was a visitor at Mrs. D. Goodfellow's on Sunday and Monday. Mrs. W. D. Black and little son, Keith, returned yesterday, from New Ontario, after spending the winter with Mr. Black. Mr. and Mrs. Alward, of Estevan, Man., visited Mrs. J. A. Goodfellow last week. Mr. and Mrs. Simmonette of Harrowsmith, visited the latter's parents, Mr. and Mrs. C. Barr, recently. Mr. Simmonette has left for the west, where a position is awaiting him. Mrs. Simmonette will join her husband when he gets settled. Miss H. Goodfellow returned home, on Saturday, from a short visit with Kingston friends. Mrs. A. C. Wagar entertained her Sunday school class, on Monday evening. Frederick Goodfellow, of Sydenham high school, was home over Sunday. Mrs. Richards, of Kingston, visited her parents, Mr. and Mrs. James Hartrick, last week. R. Snook spent Saturday in Verona. H. Charlton, of Glendower, visited his brother, Fredrick, over Sunday. Mrs. Bismark Wagar received the sad news, on Monday, of the death of her brother, in New York.

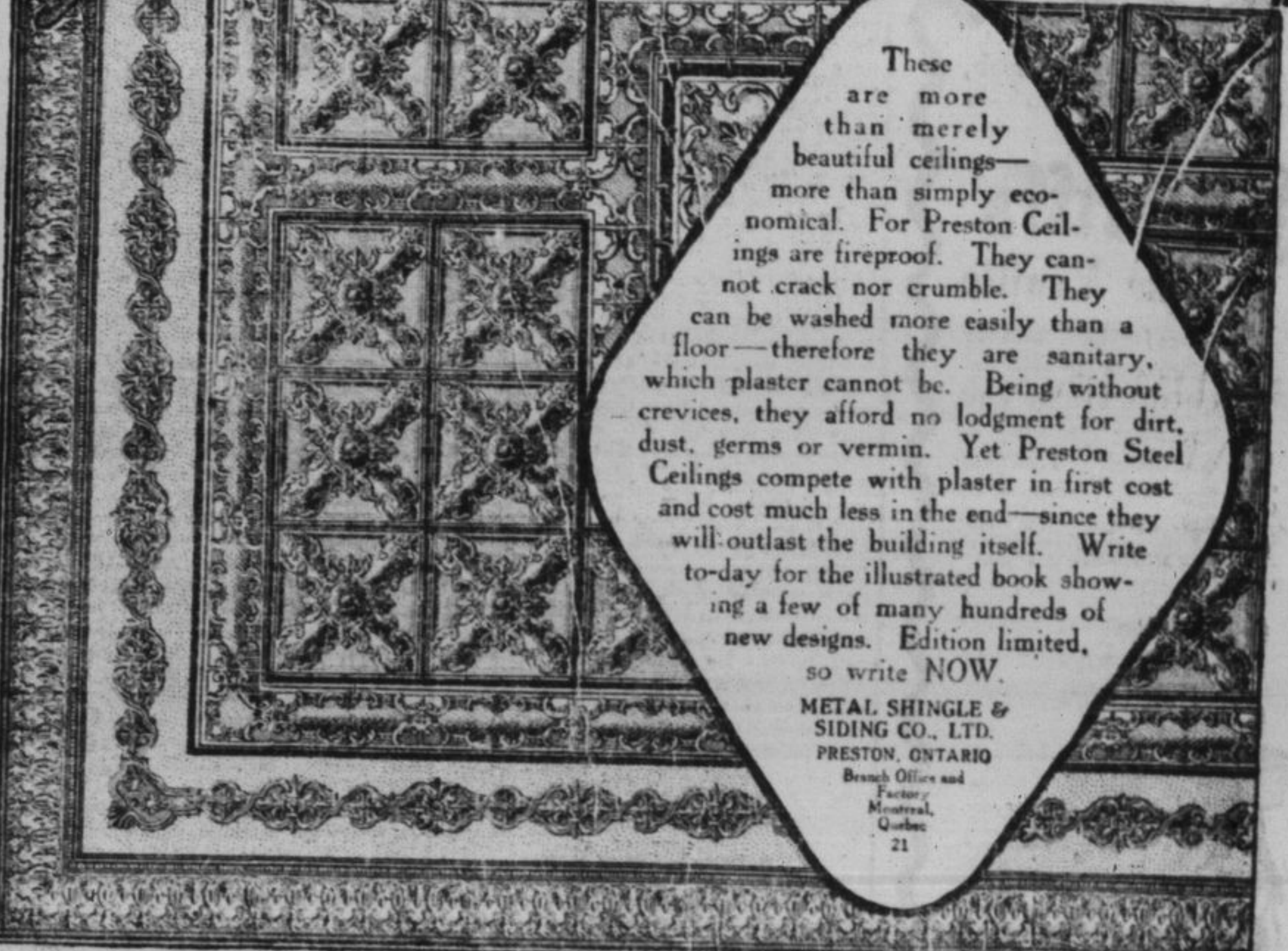


SUCHARD'S COCOA

Your children need a hot drink of some kind. Don't give them tea or coffee. These are bad enough for "grown-ups", but far worse for children. Suchard's Cocoa is good for them—better than any other drink you can give them. Made with half water and half milk it is a perfect food, more nourishing and more digestible than clear milk, as well as less expensive. Give them Suchard's Cocoa for breakfast and supper—see how they like it—and watch them grow healthy on it.

Frank L. Benedict & Co., Montreal.

Preston Steel Ceilings



These are more than merely beautiful ceilings—more than simply economical. For Preston Ceilings are fireproof. They cannot crack nor crumble. They can be washed more easily than a floor—therefore they are sanitary, which plaster cannot be. Being without crevices, they afford no lodgment for dirt, dust, germs or vermin. Yet Preston Steel Ceilings compete with plaster in first cost and cost much less in the end—since they will outlast the building itself. Write to-day for the illustrated book showing a few of many hundreds of new designs. Edition limited, so write NOW.

METAL SHINGLE & SIDING CO., LTD.
PRESTON, ONTARIO
Branch Office and Factory: Montreal, Quebec.

Don't Eat All Your Salary

Eat the simple, nourishing, inexpensive foods and you will be the gainer in health and pocket. The "cost of living" generally means the high cost of things you do not need. The high-protein foods cost the most, are the hardest to digest and hence the least nutritious in the long run.

Cut out heavy meats and soggy pastries for awhile and eat Shredded Wheat, the ready-cooked, ready-to-serve whole wheat food which supplies all the material needed for building the perfect human body. In Shredded Wheat you have the phosphates for bone and brain,

carbohydrates for heat and fat, the nitrates for building muscle, and the outer bran coat for keeping the bowels healthy and active.

Shredded Wheat is the whole wheat—the most perfect food given to man—steam-cooked, shredded and baked in the cleanest, finest food factory in the world.

Two Shredded Wheat Biscuits for breakfast with milk or cream and a little fruit make a complete, nourishing meal, supplying all the strength needed for a half day's work at a cost of five or six cents. Your grocer sells them.

TRISCUIT is the Shredded Wheat wafer—a crisp, tasty, nourishing whole wheat Toast, delicious for any meal with butter, cheese or marmalades. Always toast it in the oven before serving.

Made by **Canadian Shredded Wheat Co.** LIMITED
Niagara Falls, Ont.

