TELL US.

The Tidings From Various Points in Eastern Ontario - What People

Sangster Reports.

Sangster, May 10 .- Farmers are en- arrived at W. Black's, April 10th. gaged with their spring work. J. Mr. and Mrs. T. Whiteman, Sr., O'Riley and George Hartrick have spent Sunday last at T. M. Thomphave gone to work on the railroad at son's. Mrs. White and daughter, smith to-day, and confirmed minutes Parham. Visitors: P. J. O'Connor Anna, are at her brother's, Mr. G. of last meeting. Acounts passed: and Miss Anna, in Kingston; James Cadman's, Belleville, Mr. Cadman \$5.95, John Timmons, opening win-Barrett, in Westport; Miss N. Barrett, is seriously ill. Mr. and Mrs. C. ter roads; \$6.55, John W. Redat T. Colter's; Mrs. P. Corcoran and Thompson, Northbrooke, spent Sun- mond, opening winter roads, Loughgrandson, Gordon Corcoran, Glendow- day last at his father's, W. Thomp- boro boundary; \$14.65, William H. er, and Miss G. Wilson, Westport; Miss son's. N. Mills made a business trip Kerr, opening winter roads, Camden Katie Daley, Cole Lake; Miss E. Mc. to Arden today. Factory is receiv- boundary; \$8.65, Thomas Clark, Allister, at T. Younge's, T. Sharpe, ing a good supply of milk. Mr. and opening winter roads; \$25.65, John at J. O'Riley's; Daniel Mulville, W. J. Mrs. S. Wheeler and children, Henderson, opening winter roads; Corcoran, J. Murphy, at T. Barrett's; Northbrooke, spent a few days at \$18.00, John Laveque, opening winMr. and Mrs. T. Younge, Mrs. T. Northbrooke, spent a few days at \$18.00, John Laveque, opening winter roads; \$10.75, Thomas Perrault,
notable actors have been receiving favor with Secretary of State Knox,

ward soon as possible. Mr. Denison, one of Belleville's popular young manager of Bon Echo inn, is here get ting ready for its guests. It has been so cold and backward the farmers so cold and backward the farmers have done very little seeding. Mr. Thompson, superintendent of the Lost. Thompson, superintendent of the Lost. The deadly testes fly, Africa's most of the Lost is not improving as rapidly as could and backward the farmers of the Lost. The deadly testes fly, Africa's most of the Lost is not improving as rapidly as could and make the general superintendent of the Lost is not improving as rapidly as could and make the general superintendent of the Lost is not improving as rapidly as could and make the general superintendent of the Lost is not improving as rapidly as could and make the general superintendent of the Lost is not improving as rapidly as could and make you will make you will make to make a quart. A tablespoon of the guns. The deadly testes fly, Africa's most of the Lost is not improving as rapidly as could and make you will make you and Found Mining company, who is be wished for. Wesley Curl attended on proved of by the Minister of Public salesman of Rideau Ralley cheese facoperating at the Star of East, was Sunday last the funeral of the late Works, for one-half estimated ex- tory vice M. K. Everetts, deceased.

Nats.

as a " mineral salt. ,,

total of 101.07.

(Phosphate of Potash) 2.91 per cent.

added to albumin and water.

mineral salts.

here one day last week. The bridge Mrs Westly Salsbury, Yurker. James penditure, was read third time. Mrs. Hugh Bishop are moving to Sny: Mrs. E. Hamilton at the home of her 10 a.m. in Town Hall, WHAT WHIG CORRESPONDENTS der Depot for the summer and will fill brother, Acton Robinson, on April the position as fire ranger.

week at C. Thompson's, North-Prooks. A little girl (Madeline)

If You Like

Ask some pompous person if Grape-Nuts Food helps build the brain

Then sweetly play with the learned toad.

Chances are you get a withering sneer and a hiss of denunciation.

Ask him to tell you the analysis of brain material and the opinions of Grape

"Well, now your tire is punctured, let's sit down like good friends and re-

The bulky materials of brain are water and albumin, but these things can-

One authority, Geohegan, shows in his analysis of brain, 5:33 per cent total

Beaunis, another authority, shows Phosphoric Acid and Potash (Phosphate

Dr. Geo. W. Carey, an authority on the constituent elements of the body says:

Further on he says: "The beginning and end of the matter is to supply the

Brain is made of Phosphate of Potash as the principal Mineral Salt:

Grape-Nuts contains that element as more than one-half of all its

How are you going to rebuild to-day the worn out portions of yesterday?

And if you don't, why shouldn't nervous prostration and brain-fag result.

Don't know? Why, I suppose you based your analysis on exact know-ledge instead of pushing out a conclusion like you would a sneeze."

not blend without a little worker known as Phosphate of Potash, defined,

of mineral salts, over rone-half being Phosphoric Acid and Potash combined,

of Potash more than one half the total mineral salts, being 73.44 per cent in a

Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

The gray matter of the brain is controlled entirely by the inorganic cell-salt,

Potassium Phosphate (Phosphate of Potash). This salt unites with albumin and

by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of

course there is a trace of other salts and other organic matter in nerve fluid. but

Potassium Phosphate is the chief factor, and has the power within itself to attract,

lacking principle, and in molecular form exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiences—this is the only law of cure."

by its own laws of affinity, all things needed to manufacture the elixir of life."

25th. Mr. and Mrs. John Connolly and Miss Myrtle spent Sunday at Frederick McWilliams'. John Connolly is preparing to erect a new Harlowe, May 10 .- Most farmers barn. Percy Stover, Wilton, visited his

Harrowsmith, May 6 .- Portland township council met in Harrow-Budget From Bethel.

Budget From Bethel.

Bethel, May 13.—The farmers are sec.-treas. U.S.S. No. 9, for teacher star like Eva Levalliere got two current month.

Coquelin, got five cents a yard, Bern-law decision is expected from the customs court before the close of the current month. getting along pretty well with their er's salary; \$2.25, J. E. Sigsworth, figures for ten yards. Cloyne, May II .- The Shandler and seeding. School is closed owing to repairing culverts. Geo. Barstowe Jones Lumber company's drive is at the illness of the teacher, Miss Maude paid 50c for repairing culvert on Snyder Depot. On the 4th inst., the Salsbury. There seem to be lots of Sydenham road. On motion Watcontract for rebuilding the bridge at early postoes planted this year. Mrs. son-Asselltine, James Deyo apthis point was sold to the lowest ten- John Curl, Sr., visited her sister, pointed sub-commissioner for Div. able order of the day has been issued der, John Gray, of Harlowe, who is Mrs. J. Kelly, for a few days last No. 1 for repairing and building of by the minister of war, announcing going to push the construction for week in Camden East. Miss Lena Rob- culverts, wages, \$2.00 per day. that forty-two infantrymen were

a Little Quiet Fun

and dam being swept away has inter- Robinson, still remains quite poorly. Council adjourned to meet as Court fered with his present plans. Mr. and A variety shower was given Mr. and of Revision, Monday, May 27th, at On the Ground That Canada is Not

Scotland's Loss, Canada's Gain. week over 6,000 artisans and agricul- with which America is connected by Are Doing and What They Are have their seeding done. Mrs. Hil- sister, Mrs. George Umberley, on Mon- for Canada. They are the pick of the United States court of customs their dasses, and their departure has appeals. renewed the criticism that the land and labor policy of the government is driving the best men from the counreporting an extraordinary demand dian reciprocity agreement. for passage from prospective immi-grants, and it is said that the pre- the board of general appraisers to handle much more than half of the traffic duling the coming season.

Posing by the Yard. Paris, May 14 .- A lawsuit during

War Play Dangerous. St. Petersburg, May 14 .- A remark-

A PULPWOOD APPEAL

Washington, May 14 .-- The international commercial question, involving the right of entry of wood pulp into London, May 14.-During the past the United States from all countries

The privilege is claimed under the

"favored nation" clause of the contry. All of the immigration agents' paper is granted to Canada by the of the various colonial dominions are only operative section of the Cana-

the board of general appraisers at sent steamship lines will not be able | New York, which held that the "favored nation" clause could not be innot a "nation, state or country" with in the meaning of the treaties. Because of the international import-

PUTS OXEN IN TROUSERS

To Save Them From the African In-

Cape Town, May 13 .- Pest-fighting

ruped. Some years it poisons whole ing blackheads and reducing enlarged in your hair are the result of shamherds of cattle and spreads ruin over pores. This cream affords the very pooing with soap. The free alkall in man has gone back to the ports ousted by the tesetse fly, with all his

One man has come through success. notis in 1 1-2 pints hot water and take fully. Immediately he obtains fresh a tablespoonful before meals, you will bullocks, he runs them through a dipping tank, to kill all the ticks and remedy is absolutely harmless, very skin parasites. After that he Homeric struggles before he can array his oxen in trousers heavily saturated come along, low down, after sunset, they die in thousands on those resined unmentionables.

GREAT HEAT IN PARIS.

French Capital Sweltering Under Scorching Sun.

Paris, May 14.-The year 1912, already remarkable as opening with the driest spring Paris has experienced for two and a half centuries, adds another record to its credit, last week being Try this simple method and you will the hottest ever recorded in May. The thermometer wavered between eightysix and ninety degrees in the shade.

The meteorological bureau declares that such readings have never been made before the middle of June at the

Parisians are suffering greatly from the unexpected heat and the penetrat- old-fashioned tonic made by dissolving Read Mrs. Martyn's book, "Beauty," ing dust, practically no rain having 1-2 cupful augar and 1 ounce kardene 145 -Ad fallen in the last eight weeks, and fears are expressed of a repetition of last year's disastrous drought. The experts are holding out no hope for any immediate change.

PRIEST'S RELIGIOUS APPEAL

To His Flock to Vote for Roman · Catholics.

Montreal, May 13.-A violent attack on Godfrey Langlois, liberal candidate in St. Louis division, was made by Cure Belanger in the Church of St. Louis de France, yesterday. Godfrey Langlois is opposed by Charles Bruchesi, brother of Arcdbishop Bruchesi. Care Belanger first read the famous years ago by Mgr. Bourget, which was a declaration against the French Free Masbns. "I appeal to you Catholies to vote for a Catholic, and those who will not vote for a Catholic, I leave them to the mercy

Future of Prince Rupert.

Hamilton Times.

Jr G. Nethaway, in an interview on the subject of Prince Rupert, says Prince Rupert will be, in all probability, the greatest seaport on the Pacifie. It has undoubtedly a great har-bor. I believe it is the finest on the Pacific coast. I can also say that believe Prince Bupert will control the largest Orinetal trade on this contineacd both brain and nerves to a most ent, because it is a great many miles nearer Asia, and also because of its excellent harbor and railway facilities and, still further, I would say that this city will become the principal centre of the trade to the northern country. Prince Rupert will control the trade to the north, and become enriched thereby to an even greater ex-tent, probably; than have Seattle or Vancouver. Another supreme factor in the up-building of Prince Rupert is the Peace river country. Wheat from the Peace river will be transported to Prince Rupert and shipped to Liverpool by the Panama canal. It is the shortest route."

Toronto Street Market.

Toronto, May 13 .- Dressed hogs are firm at \$11.75 to \$12; wheat, bush. \$1.04 to \$1.05; wheat, goose, bush., 95c. to 97c.; oats, bush., 52c. to 53c.; rye, bush., 85c. to 90c.; barley, bush. 80c. to 85c.; hay, timothy, ton, \$26 to 928; hay, mixed, ton, \$16 to \$17 straw, per ton, \$16 to \$17; dressed hogs, \$11.75 to \$12; butter, dairy, 28c. to 33c.; eggs, dozen. 23c. to 25c. chickens, Ib., 20c. to 23c.; chickens, spring, 40c. to 45c.; turkeys, lb., 20c. to 23c.; apples, bbl., \$3 to \$4.50; potatoes, bag, \$1.85 to \$2; cabbage, do-zen, 50c. to 60c.; beef, hindquarters, \$12.50 to \$13.50; beef, forequarters, \$8.50 to \$9.50; beef, choice, carcase, 311 to \$11.50; beef, medium, carcase, \$4 to \$10; veal, prime, \$11 to / \$13 mutton, prime, \$8 to \$10; lamb, \$16. 50 to \$18; spring lambs, \$7 to \$11.

Loses Scholarly Professor. Montreal, May 14,-The Presbyterian College of this city will lose the services of Rev. Prof. G. A. Johnston Ross as a member of the staff at the end of this term. His resignation has been handed in although his appoint-ment to the head of the homiletic department of Union Seminary, New York, has not yet been officially an-



Brynes, at Mrs. J. O'Connor's. Born, fore leaving for Fulton, N.Y., where opening winter roads; \$9.45, Robert payment at so much per yard for posting for moving pictures. The leader, or have agreed to expediate it.

CANDIDATE.

Snapshot of Governor Judson Harmon, of Ohio, on the extreme right sitting on the steps of the Capitolat Washington, talking to his two campaign advisers.

### Health and Beauty Advice BY MRS. MAE MARTYN.

vicious form of mosquito, is the soft and smooth and is very cleansing it too highly. and healing. It will not grow hair

est protection to the complexion at soap and many shampoo preparations

effective and does not cause a flabby, of which I know and you will no wrinkled skin. You need not diet or tonger be bothered with dandruff and exercise violently to get proper re- itching scalp. Practically all firstsults from this simple remedy.

Clara T.: Yes, a genuine halr-grower has been found at last. Keep the scalp clean by frequently shampooing with

and water, spread thickly on hairy surface and after two or three minutes

canthrox and rub into the scalp twice easily and shows too readily. To make a week a tonic made by dissolving an excellent beautifier and whitener, t stimulates the buir roots and keeps sallow, only lock to your skin and the hair in a healthy, growing con- make it soft, pink and beautiful. This dition. For dandruff, itching saip and splendid letten is used by many sofalling hair, you will find this remedy city women who praise their good looks May: Pulling the hairs out by the freckles and to prevent chapping.

paste with a little powdered delatone eyes strong and clear. If you will get aids those who wear glasses. It is tipglood and remove the accumulated surpassed for treating grapulated poisons of winter from the system, lids and as a dependable, strengthen-

## Clean, Pure, Tonic and Appetizing the Best Table Drink Phone your Dealer to-day. At all Good Dealers and Hotels. Hamilton Brewing Ass'n Limited, Hamilton James McPARLAND, Regal Agent.



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Made by Canadian Postum Cereal Co., Limited, Pure Food Factories, Windsor, Ontario, Canada.

### Talking of food, there is probably no professional man subjected to a greater, more wearing mental 'strain, than the responsible editor of a modern newspaper.

FROM THE EDITOR.

He Forgot That He Had a Stomach.

To keep his mental faculties constantly in good working order, the editor must keep his physical powers up to the highest rate of efficiency. Nothing will so quickly upset the whole system as hadly selected food and a disordered stomach. It, therefore, follows that he should have right food, which can be readily assimilated and which furnishes true brain nour-

"My personal experience in the use of Grape-Nuts and Postum," writes a Philadelphia editor, "so exactly agrees with your advertised claim as to their merits that any further exposition in that direction would seem to be superfluous. They have benefited me so much, however, during the five years that I have used them, that I do no feel justified in withholding my

"General 'high living," with all that the expression implies as to a geneous table, brought about indigestion, in my case, with restlessness at night, and lassifude in the morning, accompanied by various pains and distressing sensations during working hours.

"The doctor diagnased the condition as 'catarrh of the stomach,' and prescribed various medicines, which did me no good. I finally 'threw physics to the dogs.' gave up tea and coffee and heavy meat dishes, and adopted Grape-Nuts and Postum as the chief articles of my diet.

"I can conscientiously say, and I wish to say it with all the emphasis possible to the English language, that they have benefited me as medicines never did, and more than any other food that ever came on my table.

"My experience is that the Grape-Nuts food has steadied and strengthpositive degree. How it does it, I cannot say, but I know that after break-fasting on Grape-Nuts food one actually forgets he has a stomach, let alone 'stomach trouble.' It is, in my opinion, the most beneficial as well as the most economical food on the mar-ket, and has absolutely no rival." Name given by Postum Co., Battle

Remember, Mind does not work well on a brain that is even partly broken down from lack of nourishment.

It is true that other foods beside Grape-Nuts contains varying quantities of Brain food.

Plain wheat and barley do. But in Grape-Nut there is a certainty.

Suppose your kind of food does not contain Phosphate of Potash.

And if the elements demanded by Nature, are eaten, the life forces have the needed material to build from. A healthy brain is important if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. The part which some folks believe links us to the Infinite.

Mind asks for a healthy brain on which to act, and Nature has defined a way to make a healthy brain and renew

it day by day as it is used up from work of the previous day. Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason" for

Every day's use of brain wears away a little.