ORIGINAL GENUINE

Horlick's Malted Milk

Invigorating Nourishing Delicious.

The Food-Drink for All Ages—All Chemists, Hotels, Cafes and Stores.
For free sample write GILMOUR BROS. & CO., MONTREAL.

BEAUTIFUL HAIR

makes every woman beautiful, and all who desire to make the most of their appearance have the opportunity of paying a visit to

Professor DORENWEND OF TORONTO

who will be at the

Hotel Randolph, Kingston on Thursday, March 26th

with an immense stock of the Latest Fashions in Hair Goods. A Style to Suit Every Individual.

"Ladies with Thin Hair"

see and have a demonstration of THE DORENWEND TRANSFORMATION. They will give a charm and attractiveness to an otherwise plain face and will assist any woman to keep her youthful appearance. They are superior to all others in effects they produce when adjusted, in quality of hair and efficiency of workmanship.

"A FREE DEMONSTRATION IS OFFERED TO ALL."

Wigs, Transformations, Pompadours, Bangs, Fronts, Waves, Switches, Braids, Etc.

"Gentlemen If You Are Bald"

call and see THE DORENWEND SANITARY PATENT TOUPEE, which is a perfect protection to the head. For natural effect, strength, durability, hygenic qualities, they are unequalled. Besides this they will make any man appear years younger. This Toupee is protected in all countries and may only be purchased from us.

Do not fail to call and see them, and remember date.

THE DORENWEND CO'Y OF TORONTO, LTD.
The House of Quality Hair Goods.
103-105 Yonge Street - - - Toronto.

Mary T. Goldman's Gray Hair Restorer
Will Restore the Original Color to Gray and Faded Hair

-And We DO Prove It!

For years we have displayed in drug store windows a woman with gray hair on one side of her head, the other half of her hair being restored to the original color by Mary T. Goldman's Gray Hair Restorer. Those who have seen this display have seen with their own eyes the truly wonderful powers of Mary T. Goldman's Hair Restorer to restore the original color to gray and faded hair.

The Original Preparation

All good things are copied. Mary T. Goldman's Gray Hair restorer is the original preparation, so beware of imitations with names that look and sound like the original. There are now many imitations being sold. They have copied labels, boxes and style of bottle as nearly as they dare. But it's what's inside the bottle that counts. Poor imitations, made to sell at a low wholesale price, are found at dealers' who want to make 50 to 75 per cent more than they can make by selling the original Mary T. Goldman's Gray Hair Restorer. Some dealers buy these poor imitations so cheap that they can and do pay their clerks 10c commission on every bottle they sell. And *you* pay the commission and get a worthless article besides. Think it over. Then insist on the genuine.

Mary T. Goldman's Gray Hair Restorer is as clean and pure as water and contains no thick, heavy lead and sulphur that must be shaken up. It does not give the hair a "dyed" appearance because it is so mild.

The hair will be restored to its *original* color in from four to eight days. *Where the hair is just beginning to turn gray, the grayness will simply disappear with one or two applications.*

It is absolutely harmless and over 100,000 satisfied users have proved it.

This announcement will not appear again. Cut this advertisement out so you will not forget to go to the druggist named below and get a full-size $1.00 bottle on a **positive guarantee to refund your money if you are not perfectly satisfied.** Let the druggist named below tell you of many hundreds of satisfied customers.

If you do not live in the city, then write today direct to me and tell me the natural color of your hair and enclose a sample if convenient. I can then give you valuable advice, the result of 35 years' experience.

MARY T. GOLDMAN
330 Goldman Building St. Paul, Minn.

MAHOOD'S DRUG STORE, Kingston, Ontario.

A Good Breakfast For Five Cents

The food that supplies the greatest amount of digestible nutriment at smallest cost is

SHREDDED WHEAT

the only breakfast cereal made in Biscuit form. Contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. Two Shredded Wheat Biscuits, eaten with hot milk and a little cream, make a complete, perfect meal at a cost of four or five cents. Ready-cooked, ready-to-serve.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Deliciously nourishing when eaten in combination with baked apples, stewed prunes, sliced bananas, canned or preserved fruits. Try toasted Triscuit, the Shredded Wheat wafer, for luncheon with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ontario

Toronto Office: 49 Wellington St. East

28-B

COUNTRYSIDE TIDINGS

WHAT WHIG CORRESPONDENTS HAVE TO TELL.

News From Villages and Farms Throughout the Adjoining Counties—Rural Events, and Movements of the People.

Petworth Personals

Petworth, March 19.—Mrs. Edward Whitty, ill for some time, is improving. Mrs. T. Bradford has returned home after spending a few days with her daughter at Yarker. D. Garrison at A. Goudy's. All are sorry to lose W. Goodberry and family from this place. He has taken up residence at Verona. J. S. Bradford, Verona, and Mr. and Mrs. Charles Darling and Mr. and Mrs. John Coldy at T. Bradford's. R. Garrison is hauling logs to Yarker. He intends building a new house in the summer. Mr. and Mrs. Melville Bradford and son, Garfield, spent a couple of days last week in Kingston. Mrs. T. A. Kerr is visiting her sister, Mrs. E. Joyner, Yarker.

Bath Road Lady Broke Arm

Bath Road, March 19.—Mrs. J. Ferris had the misfortune to fall on Monday last and broke her arm. H. Coulter, of the postoffice, is very ill and also Mrs. C. George. Mr. Lyttle sold his farm here to L. Ryder, and has moved back to his former home in Portsmouth. Mr. Howie and family have moved to Westbrook. The infant son of Mr. and Mrs. J. W. Redmond is ill of pneumonia. Mr. Green, Winnipeg, has returned to his home after spending a fortnight here with his brother, S. Greer. Miss Beatrice Gates, Kingston, spent Saturday and Sunday with Miss Bessie Hull. J. Ferris visited friends at Bloomfield last week.

At Bunker Hill

Bunker Hall, March 18.— The teams have stopped drawing feldspar on account of the bare roads in places. New cooks have come to take charge of the boarding house at the spar mine. isitors: Mr. and Mrs. James Wilson at Mr. Snooks, Desert Lake; Mrs. McGowan at A. D. Hoppin's; C. Garrison, G. Snider, Mrs. F. Leamon at Alexander Hoppin's; Mr. and Mrs. C. Babcock, Mr. and Mrs. E. Campbell at Anson Timmerman's; Mr. and Mrs. George Timmerman, Jr., at Archibald Timmerman's; Miss B. Clow at Parham; Mr. and Mrs. D. McGowan at J. W. Babcock's; Mrs. Ansen Timmerman is at her mother's, Mrs. Albertson's, at Godfrey, who is ill. Mr. and Mrs. Alexander Hoppins at A. B. Hoppin's.

Bethel Budget

Bethel, March 19.— Those intending to make maple syrup are beginning to think of tapping their trees. Miss May Hamilton is visiting her sister, Mrs. James Gibson, Toronto. Visitors: Miss Olive Salsbury spent Sunday at home; Miss Edith Keilar, Sharp's Corners, also Mr. and Mrs. James A. Jayne, Gosport, and Mr. and Mrs. John E. Hudgon, Selby recently with Mr. and Mrs. John Jayne; Miss Ball, Verona, at Robert Ashley's; Arthur Ashley at Verona. Mr. and Mrs. John Curl at Yarker. Mrs. Kelley, Camden East, with Mrs. Curl, who has been ill and under Dr. Oldham's care. Clinton Ashley met with a very narrow escape by being kicked by a horse in the face. It was feared that it was fatal, but he is around again seemingly all right. Mr. McGinness has been buying potatoes around these parts; price by car lots, 90c. Mrs. James O'Mara called on Mrs. Curl one day last week. George Rose is again in the neighborhood. He intends going west in the near future.

Westbrook News

Westbrook, March 19.—Many of the farmers in this vicinity have commenced operations in the sugar bush. On Friday evening last a pleasant surprise was given Mr. and Mrs. George Saundercook when about twenty young people drove to their home and spent the evening in playing games and dancing. At midnight a dainty lunch was served after which a vote of thanks was given Mr. and Mrs. Saundercook for their kindness. Rev. Mr. England and wife spent Wednesday afternoon with Mr. and Mrs. J. L. F. Sproule. Mr. and Mrs. F. Gates spent Sunday at D. Thompson's, Odessa. G. W. Smith and J. L. F. Sproule left on Tuesday to spend a week in Toronto. Mrs. W. McEwen and daughter spent last week with Mrs. W. Shane, Kingston. Mrs. B. Rose, Collins Bay, spent Wednesday the guest of Mrs. J. L. F. Sproule. Mr. and Mrs. W. L. Grass and Mr. and Mrs. J. L. F. Sproule spent Friday evening with Mr. and Mrs. M. Shurtliff, Kingston. Melleville Smith and wife spent Sunday evening with Mr. and Mrs. Marshall Price, Woodbine. Miss Darcas Howie is attending the Collegiate institute, Kingston.

At Pleasant Valley

Pleasant Valley, March 19.—A number from here attended the sale at J. Deline's on Monday. Miss Gladys Botting was a recent guest at Stanley Sigsworth's. Mr. and Mrs. R. Ellerbeck and Mr. and Mrs. N. Ellerbeck took tea at E. Hughes recently. Mrs. Charles Whitty and little son, of St. Catherines, at E. Whitty's. Mr. and Mrs. Wilfred Huffman at N. Ellerbeck's. Mrs. Maggie Watson was a recent guest of Miss Violet Sigsworth. Mr. and Mrs. Thomas Bradford at T. A. Kerr's. Mr. and Mrs. George Bishop have returned to their home at Sunbury, after spending some time at J. Hughes. Mr. and Mrs. Joseph Wilkins at D. B. Sigsworth's. Miss A. E. Barr was a recent guest at T. H. Watson's. Mr. and Mrs. Edgar Hughes at Frank Larkin's. A number of the young people attended a party at J. McKeene's. Mr. and Mrs. John Garrison, Petworth, at Arch Gowdy's; Clarence Watson was a guest of Clinton Sigsworth's recently. W. Goodberry and family have moved to their farm near Verona. Mr. and Mrs. Goodberry's many friends regret their departure. Harry Watson is at Bay City, Mich. Mr. and Mrs. E. C. Kerr, Verona, at E. Hughes. Miss Annie Watson is a guest of Miss Beatrice Freeman. S. Sigsworth and T. A. Kerr are shipping pressed hay.

Tidings From Arden

Arden, March 19.—A number of bridgemen employed by the C. P. R. are placing a new bridge across Salman river just west of Adrendale. W. Williams, C. E., is at the Royal hotel. M. R. Reid, I. P. S., is inspecting schools in this vicinity. Mrs. Williams and Mrs. E. Detlor spent a day at H. Hannah's. H. Thompson has moved to the village. An enjoyable time was spent at the home of I. L. Wormworth on Wednesday evening last. Miss Mabel Scott who has been ill for some time is able to be about again. J. P. Moore, Mountain Grove, visited at Mrs. J. William's. Mrs. N. Hinchey at William McGregor's. William Miller and family, Saskatoon, will reside at the "Osborne Place" for the summer. Mrs. McCutcheon, Havelock, spent a few days at her home here. Miss Blanche Detlor is at Cross Lake. The old furniture factory is being torn down by I. L. Wormwith. Miss Annie Gendron, Ardendale, is visiting friends at the village. Mrs. Marshall attended the funeral of her father at Harlowe on Tuesday last. F. King Barber, at the Royal hotel, was away for a few days. The Misses Greene and Hartwick at E. Thompson's. Mr. and Mrs. Norn visited C. Loyst. A. Barker is at Tamworth. The Misses Detlor at Hillcrest Place. J. Hughes has enlarged his store. Miss Clow at J. Barker's. The Misses Kirk, Boomhower and Hugher at J. Hughes.' A number attended the kitchen shower at D. Godfrey's The Misses Loyst have returned home.

TREE PERSONALITY

They Have Their Distinctions the Same as Humans

The most virile of all the pasture personalities is that of the red cedar. When the autumn winds blow and toss the plumes of these Indian chieftains they wrap their olive green blankets but the closer about them and seem to stalk the mossy revels in dignity or gather in erect, silent groups to discuss weighty affairs of the tribe. Thus for the larger ones, tall warriors, that in their time have travelled far, have met many warriors and learned wisdom from the meeting. There is no solemnity about these, but there is dignity and a vivid personality which it is hard to match in any other tree. It is hard to think of these as of the vegetable world. I suspect them of standing immobile only at their will and of being capable of trooping up hill and over into some other pasture should they see fit, as readily as the woodchucks would, or any other four-footed denizens of the place.

The greater trees of the pasture, do not seem to carry such personality. Many of them are like structures rather than people. The pine that spires high is like a church. From it as the winds pass I hear the sound of organ tones and the singing of hymns in a language that is older than man, a music whose legend is that of a world before man was. Perhaps the first pines caught the music of the morning stars when first they sang hymns together and have made it a part of the ritual of their worship ever since. No notation that man has devised can express this music nor can any instrument which man has yet made produce it. Its hymnal is mesazoic. On the sofe brown carpet of nave and transcept of this cathedral tree one's foot falls is hushed silently and he who passes without his head bowed in reverence for the solemnity of the place goes with soul dulled to the higher spiritual influence of the woods.—Winthrop Packard in the Boston Transcript.

Why Food Spoils

Our grandmothers preserved food by various methods. They cured, smoked, and salted meat, dried and canned vegetables, preserved, dried and pickled fruits; they put down eggs in different ways, and by vigorously salting butter and packing it in jars kept this commodity for a considerable time. They did all these things and did them well, but they did not know why this treatment was necessary. The methods were extraordinary; they were not always "luck," and they had no way of controlling processes they did not understand.

Micro-organisms are present everywhere: in the earth, the air, dust, water, and even in our bodies. Their innocent, seemingly undirected, but wholly proper purpose, from their point of view, is to secure food for their own growth, development and the perpetuation of kind. The trouble arises because their food is our food. In our pursuit of food material we destroy many things and develop others. Thus do the germs about us. It is a constant race between man and the micro-organisms as to which will get to the food first, and all our modern methods relating to care of food have for their basis a knowledge of what deters or prevents the action of molds, yeasts and bacteria.

Molds, yeast and bacteria not alone behave differently but have to be treated in somewhat different ways. Some things which affect one affect all. Others do not. The foods most liable to mold are bread, cake or anything made from wheat flour; cheese, certain fruits, preserves, canned fruits, and even pickles, when given an opportunity. Molds are not dangerous; they do not even develop poisons, but they do spoil foods, and if allowed to go unchecked, putrification and decay occur.—Helen Louise Johnson, in Woman's World for April.

To Continue Prescott Fair

The directors of the Prescott fair association have decided to hold this year's exhibition on August 25th, 26th and 27th. Last year the abandonment of the fair was decided upon. It is now planned, however, to make the exhibition profitable by holding in connection with it an old boys' reunion for Prescott and Grenville counties to extend one week.

They beat all the old ideas
—for improving soups and gravies

A Cube to a Cup

Oxo Cubes are easily assimilated nutriment, with all the strengthening properties of prime beef—in handy cube form. Soups, gravies, and other dishes which hitherto took hours to prepare, now—with Oxo Cubes—take only a few minutes.

Absolutely uniform in size, strength and flavour, Oxo Cubes were purposely invented for saving much of the drudgery of cookery.

And they do this, and more.

By their remarkable power of strengthening the digestion Oxo Cubes enable the system to extract more nutriment from other foods.

Tins of 4, 10, 30 and 100 Cubes.

OXO CUBES

Boy's Watch Free

for selling 30 sets of our Birthday, Floral, Scenic, Comic, (Christmas, Valentine, Easter, Thanksgiving in season) Postal Cards, (6 in a set for 10c). The watch is open face, stem wind and set, highly nickel plated guaranteed for a year. You can earn it in a few hours. Send your name and address to-day plainly written. We will send cards by return free. Send us the money when sold, and we will send the watch free. Get our big catalogue of other free premiums for boys and girls.

Toronto Novelties Co.
733

New York Fruit Store

Bitter Oranges, 30c dozen.
Sunkist Oranges, 15c, 20c, 30c dozen.
Grape-Fruit, 3 for 25c, 4 for 25c, 5 for 25c.
Bananas, 15c and 20c dozen.
Figs, 15c lb.
Dates, 10c lb.

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Health worth having

makes life worth living. If you feel run down, with a tendency toward throat and lung troubles growing on you—act quickly and wisely—take

NA-DRU-CO Tasteless Preparation of Cod Liver Oil

This is a perfect and pleasant combination of the best Norwegian Cod Liver Oil with Malt Extract, Cherry Bark and Hypophosphites. It restores wasted energies, fortifies the system to resist coughs and colds, and gives that abounding vitality which makes one glad to be alive. As a food-tonic after wasting illness, or for weak, puny children, it has few, if any, equals.

In 50c. and $1.00 bottles—at your Druggist's.

NA-DRU-CO N D & C C TRADE MARK

NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED. 308

Introducing to you the "Perrin Kiddies"

They are going to introduce to YOU some real treats.

The "Perrin Kiddies" would like to take you through the newest, cleanest and finest biscuit factory in Canada. They would like to show you how much care is taken to make Perrin's the best biscuits there are, how nothing but the best of everything is used in their manufacture, how spotlessly clean everything is---how particular we are to have every biscuit worthy of the name

PERRIN'S

But since they cannot take you through the bakery, let them introduce to you a real treat---

PERRIN'S DAIRY CREAM SODAS

You will find the "Fancy Thin" kind just a little different from what you have always known as soda biscuits---and better.

The regular "Dairy Cream Sodas" will please you, if you prefer the usual soda biscuit.

Either kind comes to you crisp and oven-fresh, in sealed packages that preserve their goodness---at 5, 10 and 25c. the package. Your grocer has them. Every package guaranteed.

THE NEW HOME OF PERRIN'S BISCUITS
LONDON - - - CANADA