HOW I CURED MY CATARRH

TOLD IN A SIMPLE WAY

Without Apparatus, Inhalers, Salves, Lotions, Harmful Drugs, Smoke or Electricity.

HEALS DAY AND NIGHT

It is a new way. It is something absolutely different. No lotions, sprays or sickly smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming or rubbing or injections. No electricity or vibration or massage. No powder; no plasters; no keeping in the house. Nothing of that kind at all

Something new and different, something delightful and healthful, something instantly successful. You do not have to wait, and linger and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured and my friends are cured, and you can be cured. Your suffering will stop at once like magic.

I AM FREE — YOU CAN BE FREE

My catarrh was filthy and loathsome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all, and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave, because every moment of the day and night it was slowly yet surely sapping my vitality.

But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST ONE CENT

Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz: Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information, FREE, at once. Do not delay. Send postal card or write me a letter to-day. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

SAM KATZ, Room F2629.
142 Mutual St., Toronto, Ont.

AUTOMOBILES AND CARRIAGES FOR HIRE.

Phone 1177
George W. Boyd,
89 Earl Street.

HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.

ANNOUNCEMENT !!

The spring season for ladies' tailoring has arrived. I am better prepared than ever before to give perfect satisfaction to my customers. Lowest prices obtainable.

L. WINSTIN.
159 Wellington St.
PHONE 993

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat Less Meat If Kidneys Feel Like Lead or Bladder Bothers.

Most folks forget that the kidneys like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

Agent, George W. Mahood.

NEWS GATHERED OVER NEAR COUNTIES

Frontenac

CLARENDON.

March 16.—Silas Moss is home from Renfrew. Miss Annie Lorner, Lodore, is visiting her Aunt, Mrs. Robert Leshman. Miss Martha Leshman is sewing at Lavant. Miss Maggie Campbell visited friends at Mississippi over Sunday. Miss Myrtle Leshman has returned from visiting friends at Ladore. Levi Hawley, Sharbot Lake, called on Clarendon friends to-day. W. D. Hartwick is spending some time with Kingston friends.

OSO STATION.

March 18.—Some have tapped their sugar bushes but the sap has not run much yet. Robert Paterson has returned from the lumber camp. Mrs. Tricky and family returned to their home yesterday after spending some time with friends here. All are sorry to hear of the death of Henry Bourk's little boy, Elsia, who died of diphtheria, on the 8th inst. Miss Edna Swain returned to her home in Kingston after spending the winter at Joseph A. Bourk's. Ross McPherson and Robert Paterson are sawing wood for S. C. Bourk.

MCLEAN.

March 18.— Mrs. Vanvolkenburg and daughter, Phyllis, Moscow, have returned home after spending a few days with her parents here. Mr. and Mrs. William Rawley gave a party for their son and a pleasant evening spent. Mr. and Mrs. William Goudy, Moscow, are visiting friends here. Miss Annie Kirkham has returned after spending some time in Kingston Mr. Carroll, Sydenham, paid the school a visit recently. R. Wagar, Wagerville, with his sawing outfit, made the rounds of this neighborhood last week.

WILBUR.

J. A. Roche, C.P.R., despatcher, Toronto, is visiting his home here for a few days. Mrs. John Richardson, who has been visiting in Kingston for the past week, has returned home after spending a short time with the latter's parents here. Miss Annie Thurston had the misfortune to fall and put her elbow out of joint this week. Mr. and Mrs. George Thurston, Porcupine, is visiting the former's parents here. Herbert Paul, Lower Lavant, purchased some cattle from Robert Richardson recently. H. McVeigh, Oso, spent the week-end at A. Richardson's. S. Jackson and his father spent Sunday at William Thomas's.

PLEVNA.

March 15.—Some of the farmers have started to tap their sugar bushes. W. Davy and F. Kellar have purchased a new evaporator. Mr. and Mrs. Randall Kring, Ompah, are moving to the village. Ernest Lemke lost a valuable horse recently. Mrs. William Sallans, sr., who has been seriously ill, is convelscent. Miss Fannie Elkington is very ill. Mrs. John Haines, who has been for some time, is able to be out again. E. Watson and Miss M. Morrison, Ompah, also Mr. and Mrs. W. Clement and children, Ardock, were guests of Mr. and Mrs. A. Card on Sunday. Messrs. Ervin and John Albert made a business trip to Parham recently. Miss Mary Albert was the guest of her grandmother, Mrs. C. Sills, Parham, for a few weeks.

ARDEN.

March 16.—The tea meeting held in the village hall on Friday night was largely attended and a success. Mrs. F. Files, Ottawa, and Mrs. T. H. Hall, Rawdon, are visiting their mother, Mrs. James Williams, here. Miss Laura Crozier left on Thursday for Tweed, where she has secured a position. Mrs. Milton Williams and Mrs. B. Detlor spent Friday at "Hillcrest Place," the home of Mr. and Mrs. B. R. Newton. Mrs. F. Files, Ottawa, and the Misses Muriel and Genevieve Detlor and Bessie Williams spent Tuesday evening at D. Hent's. The Misses Annie Gendron and Bella Post, Ardendale, visited at Mountain Grove. A large number from here were present at the tea meeting at Deer Creek last night. Preparations are being made by J. Barker for the building of a new cement dam for his mill. A large number of young people visited "The Falls" on Sunday last. D. Parks made a business trip to Kingston last week. D. McGregor, Myer's Cave, at J. Post's, Ardendale; Miss Bessie Price, Mountain Grove, at S. Alexander's. A large amount of baled hay is being imported for the use of the farmers.

CATARAQUI.

March 18.—The Methodist choir from here goes to Collins Bay to give a concert on Friday evening. A. Saunders has a new wood-sawing machine. R. Curran has purchased a fine new driving outfit. Mr. Sharp and family have moved to the farm they purchased from W. J. Merriman. Miss A. Brebner, Kingston, spent the week-end with Mrs. W. Cooke. Mrs. Edwards accompanied Dr. Edwards, M.P., to Ottawa for a few days. J. Riley, Jr., is home from the hospital, improved in health. Mrs. H. J. Simpson was removed to Kingston General Hospital yesterday. There has been a lot of sickness in the village during the last few weeks. Miss Effie Linklater, Opinicon, is spending some time with her cousin, Miss V. Purdy. Mr. and Mrs. E. Cooke visited friends in Morven and Selby last week. Miss Pearl Clarke, Harrowsmith, was the guest of her brother, C. Clarke. Mrs. W. Kiser received a message from Ottawa informing her that her nephew, Oscar Filson, with the Canadians in Europe, was wounded in action, and is now in a Red Cross hospital in France. Joseph Blair was presented with a wrist watch by some of his Cataraqui friends on the occasion of his leaving here to join the mounted troops in Canada's expeditionary forces. J. Heaton has moved to B. Lancaster's house, and J. Fairbanks to R. J. Carson's house.

WOLFE ISLAND.

March 18.—The Wolfe Island hockey team, winners of the South Frontenac division for the Edwards trophy, having won from Cataraqui by default, on Monday met the fast Verona team, winners of Northern division, at the Queen's covered rink, and upheld the honor of South Frontenac by defeating Verona 4 to 3. The county boys demonstrated that they have plenty of speed and stick-handling ability. The game was also very clean, only two penalties being handed out to each team for minor offences. The clubs realize that games are won on the ice and not son the penalty bench.

For the winners every man played a good game and it would be unfair to mention the work of any one in particular, unless perhaps the work of R. Spoor, the sixteen-year-old rover, who gave a wonderful exhibition of stick-handling, and was always in the game, scoring two of the goals. The whole forward line checked back well and the defense cleared fast and broke up many dangerous rushes. Horne, in goal, was cool, and stopped many hard ones.

For the losers, Williams at point and Barnett at centre were the best, while the famous "Mike" played a strong game in goal and stopped many hard shots. "Bouncer" Brouse, senior Frontenacs, handled the game faultlessly.

The score at the end of the first period was 2 to 1 for the winners, and at the end of the second period 3 to 2, so that the winners led all the way, and from the showing they make, it will take a good country team to beat them. The teams:

Verona—Goal, Williams; defense, Smith and Williams; rover, Truesdale; centre, Burnett; left wing, Truesdale; right wing, Williams.

Wolfe Island—Goal, Horne; defense, Spoor and Cummins; rover, Spoor; centre, Crawford; left wing, Davis; right wing, Ryan.

Lanark

FALL RIVER.

March 16.—Some people have commenced making maple syrup. A few of the people are hauling hay. John Conroy and mother made a flying trip to Maberly on Tuesday. Rev. Mr. Crowe called on a few of the people here on Tuesday, and held prayer meeting in the evening, when a large crowd gathered. Mrs. R. Gray, Sharbot Lake, visited friends here recently. Mrs. Alexander Buker, Perth, at T. Burke's; Mr. and Mrs. J. Armstrong and family spent Sunday at Sharbot Lake; Thomas Palmer at W. Palmer's.

FLOWER.

March 17.—Mrs. J. Jackson and Misses Sadie Jackson and Berna MacNeely, Calabogie, spent a few days last week in the village. Misses E. V. Cameron and C. M. Jackson are able to be around again after their recent illness. Mr. and Mrs. Albert McGonegal and Mrs Robert McGonegal attended the funeral of their cousin, Miss Florence McGonegal, who was buried at Calabogie on the 17th. Mrs. John Clelland, Clyde Forks, spent a few days last week at Albert McGonegal's Mrs. A. Spence and two children are visiting with Halls Mills friends. Mrs. Peter Gray and Mrs. H. B. Gray, Clyde Forks, visited Flower friends Sunday. James E. Boyd spent a couple of days last week with friends here. Miss Mamie Deachman gave a birthday party to a number of her friends on the 8th. Joseph Majeau and family have moved to Barryvale. Edward Closs spent a day or so this week with his son, John, at Lanark. Eddie Closs visited at Lavant last week. Mrs. McIntyre and grandchild, Arnprior, are visiting Mr. and Mrs. Howard McGonegal. Mrs. Marshal Jackson returned to Flower Wednesday, from a visit at Calabogie.

MY TIRED FEET ACHED FOR "TIZ"

Let your sore, swollen, aching feet spread out in a bath of "TIZ."

Just take your shoes off and then put those weary, shoe-crinkled, aching, burning, corn-pestered, bunion-tortured feet of yours in a "TIZ" bath. Your toes will wriggle with joy; they'll look up at you and almost talk and then they'll take another dive in that "TIZ" bath.

When your feet feel like lumps of lead—all tired out—just try "TIZ." It's grand—it's glorious. Your feet will dance with joy; also you will find all pain gone from corns, callouses and bunions.

There's nothing like "TIZ." It's the only remedy that draws out all the poisonous exudations which puff up your feet and cause foot torture.

Get a 25 cent box of "TIZ" at any drug or department store—don't wait. Ah! how glad your feet get; how comfortable your shoes feel. You can wear shoes a size smaller if you desire.

Allie Napier, Canonto, is visiting at Benjamin Closs'. W. J. St. Pierre, Canonto, is spending a few days with his parents here. Messrs. A. and F. St. Pierre have returned home from Clarendon. A number of the young people spent Sunday evening at R. Cameron's. Miss Stella Mills, Clyde Forks, visited at Benjamin Closs' recently. James McGonegal lost one of his horses last week. Thomas Ferguson, Thurlow, made a business trip to Flower Monday.

Leeds

ATHENS.

March 17.—An enjoyable Shamrock box social was held last night in the vestry of the Methodist church under the auspices of the recently organized Bluebird Mission Circle. The room was beautifully decorated with festoons of green and white crepe paper. A cleverly drawn blackboard sketch further emphasized the St. Patrick's Day notes. An excellent programme, was rendered and at about ten o'clock the contests of the beautifully decorated boxes were inspected and rapidly disposed at the young ladies dispensed cups of tea as an accompaniment to the lunch.

March 18.—Lenten services were canducted last night in Christ Church by the rector, Rev. W. G Swayne, who has returned from Smith's Falls, whither he had been called owing to the death of his father, Samuel Swayne, a nonogenarian native of County Wexford, Ireland.

RIDEAU LAKE ITEMS

March 19.—The ice in the lakes is very good yet owing to the cold nights and north winds. Farmers are cutting and splitting wood. Wood sawing machines run by gasoline are operating in this vicinity. Quite a number have tapper their sugar bush. Sap runs good. Sugar parties are all the rage now. Quite a number from here attended the tea meeting in Desert Lake Methodist Church last Friday night. J. E. Anglin, manager at the mica mines, occupied the chair. Miss Kate Noonan has returned home from Cobalt, Miss Nellie Sehan, is visiting at Watertown, N.Y. Blake Nellis had the misfortune to have his finger badly bruised at the mines yesterday. William Corey has a new fiddle. George Lee spent Sunday at Perth Road. Harvey Perrymare, of the mica mines, spent Sunday at Elgin. Daniel Bruster and Benjamin Dermarsh spent Sunday at Bedford Mills. Misses Ruth and Nellie Noonan, Miss Sadie Anglin, Miss Mulville and Mrs. McChance visited at the mines recently. Charles McChance has completed his wood contract at the mines. William Perryman, William Corey, William Mulville and John Antoine spent the week-end in Kingston. Hilton Green went to Westport to-day on busiess. Patrick Sehan was in Kingston recently. William Green's house was burned down last week. The loss is partly covered by insurance.

LONG POINT.

March 15.—Some here have tapped their trees but as yet there has been little sap gathered. W. Wilson made a business trip through here to-day. Miss Sara Ann Bryan very ill of pneumonia and slight hopes are entertained for her recovery. Ashur Lee, Herbiner, N.Y., who was called to Brockville last week owing to the serious illness of his father, came out here Friday and spent the week-end at Charles J. O'Connor's. George W. Lee is ill in St. Vincent de Paul Hospital, Brockville Miss Gertrude Kelsey, is spending this week with friends in Kingston. Mr. and Mrs. James Townsend visited friends in Seeley's Bay last Saturday. Mrs. W. Plunkett visited friends at Sweet's Corners for a few days last week. Isaac LaRose spent Monday in Brockville.

Recent visitors: Mr. and Mrs. Ross Vanorman, Sand Bay, Miss Elva Vanorman, Mooretown, at James Kelsey's; Mr. and Mrs. R. Andress, Marble Rock, at Harry Bever's; Mr. and Mrs. George Chapman, Seeley's Bay, at Miss Susan Seabrook's; Mrs. A. J. Flood, Delta, and Percy Flood at Charles O'Connor's; C. A. Lee, Herbiner, N.Y., at Orval Hall's; Clarence Snider, Lansdowne at Timothy Beven's; Joseph Mooreland and little daughter, Mary, Sweet's Corner's, at John Mooreland's.

CEDAR VALLEY.

March 16.—Several of the residents have tapped, and report an excellent yield. The airship seen over or around her last night caused much excitement. Several were out with their rifles and though many shots were fired they were without success. As this is the second seen in this vicinity during the past two weeks, people have commenced to feel uneasy and an extra guard has been placed on the club house. Chas. Patterson has accepted the position. James Ralph has returned from Smith's Falls where he has been undergoing treatment. Norman Jones who has been ill is reported better. On St. Patrick's evening a dance will be given in "Fairy Hall," the pretty residence of Captain Skinner. An orchestra from Elgin has been secured for the occasion.

Thirty young people met at the home of Mr. and Mrs. Frances Hynder on Wednesday last to bid farewell to them and to make a slight acknowledgement of the esteem in which they are held. Vincent Kehoe read a touching address, to which Mr. Hyndes made a suitable reply. After a few hours spent in games and other amusement the party and joined hands and sang "Should auld acquaintances be forgot" Mr. Hyndes received a gold headed cane and his wife was given a silver handled umbrella nicely engraved. They took the afternoon train on the following day for Phillipsville.

The stone crusher has commenced operations along the road, with Thomas Lynnes as manager. The roads have been in very poor condition but it is hoped that a layer of stone will improve them.

A couple from here were taken for spies in a nearby village last week, but fortunately were recognized by friends before anything happened to them. The Sewing Circle is progressing very favorably. On Saturday last they met at the home of Mrs. Sarah Skip and made many rolls of bandages.

Visitors: Messrs. Thomas Pike, Colorado, and John Deny's, Montreal at A. J. Rodgers; Mrs. M. Myers and Miss Mulville at James Ralph's; Miss Sullivan at Elgin.

Prince Edward

BLOOMFIELD.

March 18.—Mr. Potter, Newmarket, who bought Alexander Tait's bakery business, has arrived here and assumed control Alexander Tait and family have moved to Wellington. Edward Bull has purchased of the Dominion Canners, the farm formerly owned by R. Cooper. Alonzo Weeks has bought a new Ford car. No canning factories are to be operated here this season. S. Blakely, Picton, was through here looking for cream for his butter plant at Picton.

Lennox & Addington

VENNACHAR.

March 16.—The stage made its first trip from Plevna to Denbigh on wheels to-day. The genial stage driver B. D. Lloyd, has secured the mail route for another term of four years. Mrs. S. Card, who has been nursing her mother for the past month, has returned to her home at Verona. Farmers who have tapped their sap bushes report a poor run as yet. W. H. Sallan, has returned from visiting friends at Plevna.

BATH.

March 18.—Mr. and Mrs. D. T. Rowse have returned from their visit with friends in Toronto and Adolphustown. Mrs. William Tuchett, Buffalo, N. Y., is visiting friends here after an absence of four years. Mr. and Mrs. G. A. Wartman also Miss Hattie Wartman are visiting friends in Collins Bay. Some of the farmers near the village are sowing this week. Mr. Yoemans, Toronto, conducted the services in the Methodist church here last Sunday evening. The play given in the village hall on Friday evening last by local talent drew a crowded house. Over $100 was realized.

ODESSA.

March 17.—There passed away at the age of eighty-five years, an old and respected resident in the person of Dow Babcock. In religion he was a Methodist. The funeral was held from the residence of his son, and the service was conducted by Rev. Mr. White, Wilton. There is left to mourn his loss, four sons, two daughters and three brothers: Gee, Watertown, N.Y.; Archibald, Ottawa; Simon, Yanker; Hiram, Sydenham, and Orange, at this place. The daughters are, Mrs. Riley Lee, Toronto, and Mrs. John Manker, of this place. The pall-bearbearers were his four sons and his sons-in-law. The remains were placed in Wilton vault to await interment in the spring.

Deseronto

DESERONTO

March 18.—Word was received by friends this morning from Toronto that Dr. Passmore had died. He went to Toronto about two weeks ago to undergo an operation. Mrs. Passmore went to Toronto on Tuesday evening to be present with the doctor before undergoing the operation. He is survived by his widow, two sons in Toronto, and two daughters, Mrs Harris, St. Catharines, and one a missionary in China. The late Dr. Passmore conducted a successful drug store adjoining his residence, corner of St. George and Thomas streets. He will be greatly missed in town and church, he being an elder in the Presbyterian Church of the Redeemer and always a help in all its work. In politics he was a liberal. The funeral will be held from the residence of his son, Henry, Toronto, on Saturday.

An interesting mission has been held in St. Mark's Church by Bishop Bidwell, Kingston, and on Sunday afternoon a men's meeting was conducted, when over 200 men attended. The bishop brought the mission to a close on Sunday evening.

A Tipperary tea was held at Mrs. James Knox's on Wednesday by the Ladies' Aid of the Presbyterian Church. A Tipperary tea was also given by the Ladies' Aid of the Methodist Church at the home of Mrs. Henry Howard on Wednesday. A large number of ladies called at both teas.

Prof. Eppes held a concert on St. Patrick's night in the Opera House. Local talent assisted. H. Aylesworth sang several times. Prof. Eppes pupils all did credit to his ability as teacher.

After being pastor of the Church of the Redeemer for four years, Rev. F. S. Dowling preached his farewell sermons on Sunday to large congregations. On Tuesday evening the congregation gave Mr. Dowling a well-fitted club bag. A programme of vocal instrumental music followed. Miss Nesbit, Napanee, rendered several selections. The address was read by G. W Wright and the presentation made by John Little. James Fairbairn was chairman. Refreshments were served after which Mr. Dowling bade farewell to his congregation.

COMING TO KINGSTON

The Dorenwent Co. of Toronto Limited, Canada's foremost hair-goods establishment, will display and demonstrate a sample stock of the latest hair-goods fashions for ladies, and toupees and wigs for bald men, at

The Hotel Randolph on Friday, March 26th

FOR LADIES:—Dorenwend's Transformation by overcoming every defect of your own hair will assist you to appear at your best, always. Switches, Braids, Pompadours, Wavelets, etc., of the finest quality hair and unsurpassed workmanship. You are invited to inspect these goods.

GENTLEMEN! ARE YOU BALD?

A Dorenwend Art Hair-toupee will make you appear years younger and will prove a benefit to your health and comfort.

Indetectable, Featherweight, Hygienic.. Have a Demonstration of what it will do for you.

REMEMBER THE DATE: FRIDAY, MARCH 26. PROF. DORENWEND WILL BE HERE IN PERSON.

That early morning dose of

ENO'S FRUIT SALT

—is responsible for many a man's good health and business efficiency. A spoonful in a glass of water before breakfast means a clear brain for clear thinking, a hearty appetite and a good digestion. It not only *makes* but *keeps* you well—because it is a natural remedy. Try ENO'S for a few mornings and notice how much better you feel—how invigorated as a result of its purifying, cleansing properties. But—remember there is only one "FRUIT SALT"—ENO'S. Don't be persuaded to buy worthless imitations. Get ENO'S—at your Druggist's.

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