

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.

**EWGILLET CO. LTD.**  
TORONTO, ONT.  
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**FITS Cured**  
By **TRENCH'S REMEDY**

The Famous Home Treatment for Epilepsy and Fits. Recommended by Clergymen of all denominations. Twenty-five Years' Success. Over 1,000 unsolicited Testimonials in one year.

**CONVINCING TESTIMONY**  
Has been given by people in every walk of life. Those interested should write for a pamphlet containing proof positive post free from:

**TRENCH'S REMEDIES, LIMITED.**  
411 St. James' Chambers, Toronto.  
Sole Proprietors, Trench's Remedies, Limited, Dublin, Ireland.

**AUTO LIVERY**

**Bibby's Garage**

A-1 Auto Mechanics  
Agents, Dodge Bros.

Phones: 201, Garage;  
917, Residence.

**20 MINUTES**

That's all. Twenty minutes after taking a ZUTOO tablet your headache will be gone.

One of these little tablets—safe, reliable and harmless as soda—will cure any headache in 20 minutes.

Or, better still, taken when you feel the headache coming on, a ZUTOO tablet will ward it off—nip it in the bud.

**No Headache**

**COAL**

The kind you are looking for is the kind we sell.

**Scranton Coal**  
Is good Coal and we guarantee prompt delivery.

**BOOTH & CO.**  
Foot of West St.

**THERE IS A DISTINCTIVE QUALITY APPEARANCE**

About **SUN-KIST** packages—just as distinctive as the quality of their contents.

**SUN-KIST** Seeded and Seedless Raisins.

**GEO. ROBERTSON & SON, LTD.**

**THE FIRST CARE OF EVERY PARENT IS The Children's Health**

Pure Milk is the best food known. Pasturized Milk in sealed bottles is both clean and pure.

**Phone 845 :: Price's**

**CLARK'S BAKED PORK & BEANS**

MADE IN CANADA FROM CANADIAN PRODUCTS

**CLARK'S PORK & BEANS**

Wholesome Nutritious ALWAYS WELCOME

W. CLARK, Limited, Montreal

**FROM THE COUNTRYSIDE**

**TO CORRESPONDENTS.**

Again we remind our friends, the correspondents, that the war tax stamps is NOT necessary on any letters containing news and addressed to us. Simply fold in the flap, put a one-cent ordinary stamp on it and let it go. Postmasters have no right to refuse these letters, though some of them have been doing so. The Whig has taken up this matter with the Post Office Inspector's Department, and they have advised us that the Postmasters in such cases have been at fault, and that they have been given further instructions.

Many of our correspondents are still placing two cents on unsealed letters addressed to us, and many of our letters are being held up or sent to the Dead Letter Office. If the instructions were carefully read these delays would not occur.

**Frontenac**

**GLENDOVER.**

Glendover, May 6.—Some of the farmers have most of their seeding done. Warner Switzer and wife have returned home to Latchford. Mr. and Mrs. Harvey Snider, Harry Smith, are at Sandford Leeman's.

**CUSHENDALL.**

Cushendall, May 6.—The residents of this part are making preparations for Rural Mail delivery, getting posts and boxes erected. The Orange Lodge held a meeting on Monday evening. Rev. Mr. Kirkpatrick held a meeting in the rectory last week regarding church matters. Miss Norma Trotter, who has been ill in the hospital with appendicitis, was able to return home last Sunday. Miss J. Duffie is spending a week with friends at Wilketshome and Gananoque. Mrs. W. Ahearn is visiting in Kingston. Miss Millie Smyth is visiting friends in Barriefield. J. Hyland is preparing to build a stone wall under his barn. David Ward, Brockville, spent the week-end at home. E. Redfern, Kingston, is spending a few weeks with friends at Isle Man.

**LAKE OPINICON.**

May 3.—J. C. Judd, Morton, gave Dr. Chase's Ointment will relieve you at once and as certainly cure you. See a box of PILES. No surgical operation required.

**PILES**

Dr. Chase's Ointment will relieve you at once and as certainly cure you. See a box of PILES. No surgical operation required.

an address on the European war and its effects on Canada to a large and appreciative audience at Opinion in the Methodist church which was through on Sunday afternoon for the occasion.

He introduced his subject in a brief review of the magnitude of the conflict and showing the location and movements of the belligerents on a war map. He traced the historical events that led to the declaration of war and the difference between German and British political teachings and the vicious effort that is being made to overthrow the British Empire.

He briefly referred to the scientific inventions of armaments and the world's waste in wealth and manhood and attributed much of the course of war to Kruppian and all private corporations who manufacture armaments and influence nations to war in times of peace.

He then referred to the efforts that are being made to induce nations to submit their differences to arbitration. He gave a glowing picture of the great efforts of the Allies to sustain the higher and modern ideals of civilization, and to the loyalty of the women of the world, whose efforts he believes, would be the means of her acquiring a voice in the councils of Nations.

He paid tribute to Belgium who manfully redeemed their pledge to Britain and said her deeds of honor and of valour would in the future be sung by poets and emulated by heroes.

His address was interesting and inspiring and at the close the audience showed their appreciation by rising and giving him unanimous vote of thanks, after which the National Anthem was sung.

**Leeds**

**POOLE'S RESORT.**

May 5.—B. L. Dickey is recovering from an attack of la grippe and tonsillitis. Mrs. Charles Williams is visiting her mother, Mrs. C. Burck, Rockport. Mrs. William Andrew is the guest of her son, Edward, Carey Point. On Friday morning Mrs. Lambert was seized with a paralytic stroke. Although somewhat better, she is still very weak. The rural mail carrier has purchased a Ford car with which he intends delivering mail.

Samuel Seaman passed away at his home this morning, aged eighty-four years. Mr. Seaman was a staunch Methodist and with his cheery disposition he brought sunshine into the lives of many. He is survived by five children: Mrs. Phoebe Washburn, Athens; Mrs. Martha Wilbur, Alexandria Bay; Mrs. Alexander Knicker, Rockport; Mrs. Charles Andrew and Walter, Rockport.

**CHARLESTON.**

May 4.—The salmon fishing has been the best this season for a number of years. Mr. and Mrs. Jack Apple, New York, are occupying the cottage. Recent guests at Focott's hotel are: E. F. Wiser, J. D. Brine, T. R. Melville, Prescott; J. R. Layne, Dr. Clark, Brockville; Mr. and Mrs. A. Montgomery, Lamoignon, N.J.; H. B. McCullough, W. A. Layne and wife, Brockville; W. A. Gilmore, A. Fullerton, L. McVeigh, P. McVeigh, A. E. Crisler, A. C. Miller, J. Broome, N. Young, S. Warren, M. F. Higgins, Dr. Horton, R. T. Beckett, Wendling, E. Haggerty, Brockville; P. K. Halpin, Prescott; Mrs. G. T. Fulford, Mrs. A. C. Hardy, Mrs. W. H. Comstock, Mrs. C. T. Fulford, Master George Alford, R. Fulford, Gordon McLean, W. A. Price, J. B. McCullough, H. Muldoon, H. MacKay, E. MacKay, G. M. Rogers, Brockville.

**Leeds**

**BANISH PIMPLES AND ERUPTIONS**

In the Spring Most People Need a Tonic Medicine.

One of the surest signs that the blood is out of order is the pimples, unsightly eruptions and eczema that come frequently with the change from winter to spring. These prove that the long indoor life of winter has had its effect upon the blood, and that a tonic medicine is needed to put it right. Indeed there are few people who do not need a tonic at this season. Bad blood does not stop at winter. It makes itself manifest in the form of skin eruptions. To this same condition is due attacks of rheumatism and lumbago; the sharp stabbing pains of sciatica and neuralgia, poor appetite and a desire to avoid exertion. You cannot cure these troubles by the use of purgative medicines—you need a tonic, and a tonic only, and among all medicines there is none can equal Dr. Williams' Pink Pills for their tonic, life-giving, nerve-restoring powers. Every box of this medicine makes new, rich blood which drives out impurities, stimulates every organ and brings a feeling of new health and energy to weak, tired, ailing men, women and children. If you are out of sorts give this medicine a trial and see how quickly it will restore the appetite, revive drooping spirits, and fill your veins with new, health-giving blood.

You can get these Pills from any medicine dealer or by mail at 50 cents a box or boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**TO OUR FALLEN.**

R. E. Verne, in London Times. Ye sleepers, who will sing you? We can't give our tears—Ye dead men, who shall bring you Fame in the coming years? Brave souls . . . but who remember?

The flames that fired your embers? Deep, deep the sleep that holds you Who one time had no peers.

Yes maybe Fame's not seeming And prays you'd set aside, Content to go on dreaming, Yes, happy to have died If of all things you prayed for—On prayer is not forgotten—One purchase not denied.

**The Bible.**

Burlington Free Press.

Dr. Bernard Pick, widely known as a painstaking scholar and a specialist in the history of translations and versions of the Bible, recently prepared a revised list of Bible versions. The year 1914, he says, marks the 400th anniversary of the first printing of the Greek Testament. It was completed at press January 10th, 1514, though not published until 1522. This New Testament, which forms the fifth volume of the famous Complutensian Polygot, prepared under the direction of Cardinal Francisco Jimenez de Cisneros, archbishop of Toledo, is the first of more than 100 editions of the New Testament in Greek. Only

**Lennox & Addington**

**VIOLET.**

Violet, May 7.—The death occurred yesterday of William Lemmon, death being caused by cancer of the liver. Deceased is survived by his wife, six sons and one daughter. The funeral took place this afternoon to the Anglican church at Camden East. Rev. Mr. Spencer officiated at the services.

**THORPE.**

Thorpe, May 7.—The death occurred on Thursday of Vivian Frink, aged seventeen years, son of William Frink. Death was caused by quick consumption, following an attack of pneumonia. Besides his parents, deceased is survived by four sisters and two brothers, the youngest brother and sister living at home. The funeral will take place Saturday afternoon to Wilton Methodist church. Rev. Mr. White will conduct the service.

**WELTON.**

Wilton, May 7.—Mr. and Mrs. Nicholas Simmons received a telegram on Wednesday night telling them of the death of their little grand-daughter, Genevieve Murphy, the only daughter of Mr. and Mrs. Henry Murphy, Latchford. Que. Mrs. Simmons left for Latchford Thursday morning.

Harvey Mills has gone to Kingston General Hospital to have his hand treated again.

Messrs. J. Walroth and Macdonald, Verona, are visiting at F. Davey's. Frederick Gordanier, Napawan, has been at W. Forsyth's for a few days.

Exports of California dried fruits to Europe have been unusually heavy during the past season despite the cutting off of the German market. Total shipments from September 1st. to February 28th, being 18,570,000 pounds.

**FINANCIAL MAGNATES AS PRIVATES**



WHILE to the casual observer the picture reproduced above may seem of but passing moment it is particularly of interest to those who follow closely the financial fortunes of the Dominion. The figure at the right hand side next to the officer who has his back turned to the camera is that of Sir Frederick Williams-Taylor, General Manager of the Bank of Montreal; next to him in the rank is A. E. Holt, General Manager of the Royal Trust Co., while the third figure is that of A. D. McTier, General Manager of Eastern Lines of the Canadian Pacific. The picture was snap-shot during the recent review of the Montreal forces by H. R. H. the Duke of Connaught. The picture distinctly shows the smile of surprised recognition lighting up the face of His Royal Highness as he recognizes Sir Frederick in the ranks as a simple private of the Home Guards of Montreal.

**BANISH PIMPLES AND ERUPTIONS**

600 copies were published of this famous polygot, the possession of which belongs now to the great treasures of a library. Before the publication of the polygot, the Bible existed in very few versions. At the end of the last century the number of translations amounted to 540. If we add to this number the different tongues which were published since 1900, we get a total of nearly 700 languages in which the Bible, or parts of it, has been read or is being read. What would the good X-mas be, if he were alive to-day, upon hearing that of the 26 Bible societies which publish Scriptures, the three largest sent out into the world during 1913 no fewer than 16,907,295 copies of the Scriptures, namely, the British and Foreign Bible Society, 5,958,233 copies; the National Bible Society of Scotland, 2,697,886, and the American Bible Society, 5,251,176; These numbers speak their own language and are the best apology for the Bible.

**TO OUR FALLEN.**

R. E. Verne, in London Times. Ye sleepers, who will sing you? We can't give our tears—Ye dead men, who shall bring you Fame in the coming years? Brave souls . . . but who remember?

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**Baby's Eczema**

**Cured by Zam-Buk**

Mrs. Elgin Cossett, Joggin Bridge, N.S., says:—“When my little daughter was five months old a rash broke out on her face and body. I called in a doctor, who stated that it was eczema, and treated her for it. His treatment, however, did not bring any relief, and the child got worse. I then tried a great many salves and so-called eczema cures, but nothing proved of any benefit. The sores continued to spread, and became one large mass. One day a friend advised me to give Zam-Buk a trial. I did not have much faith in Zam-Buk working a cure, but as there could be no harm in trying it, I obtained a supply.

At that time the disease had defied all remedies for over a year. By the time I had used one box of Zam-Buk there was a marked improvement. I continued the Zam-Buk treatment and day by day the sores showed signs of improvement. Finally Zam-Buk banished every trace of the disease.

For the tender delicate skin of babies, nothing equals Zam-Buk. Unlike other ointments, it is purely herbal.

Use Zam-Buk for cuts, burns, bites, eczema, piles, cold sores, chapped hands, and all skin diseases and injuries. At all druggists and stores 50c per box. Name “Zam-Buk” is on every box, refuse substitutes. FREE TRIAL BOX. Send this article, name of paper, and 1c stamp for return postage to Zam-Buk Co., Toronto.

**Insomnia.**

No one should toss and turn sleeplessly half the night, if they have no mental worries or physical ailments.

Going to bed with the stomach empty is more harmful than having it overloaded with food, although that, of course, should also be avoided. Crackers and milk or a glass of hot milk is excellent, and wvidery persons may be given arrowroot with a little sherry in it. For young people a hot cup of cocoa or glass of lemonade may be given, when sleep does not come naturally.

Plenty of sleep, restful sleep, is necessary, absolutely necessary, to good looks, and all beauty sleep must be taken, remember, before midnight. Stand erect before an open window and inhale, hold the breath, stretch out the arms horizontally, then exhale. Do this a few times before going to bed.

**MADE IN CANADA**

Woman's work is never done, but the woman who knows the nutritive value and culinary uses of **SHREDDED WHEAT** can find time for other duties, pleasures and obligations outside of the kitchen. The servant problem does not disturb her—nor does the unexpected guest. **SHREDDED WHEAT** is ready-cooked and ready-to-serve—so easy to prepare a delicious, nourishing meal with it in a few moments.

Shredded Wheat is made in two forms, BISCUIT and TRISCUIT—the Biscuit for breakfast with milk or cream, or with fruits; Triscuit, the wafer-toast, delicious for luncheon with butter or soft cheese, or for any meal as a substitute for white flour bread.

MADE AT  
**NIAGARA FALLS, ONTARIO**

Toronto Office:  
49 Wellington St. East

**PARALYSED!**

**Astounding Cure by Dr. Cassell's Tablets.**

Utterly Helpless Woman Restored to Health and Fullest Activity.

Her “Dead” Limb Made Sound and Well.

All usual Treatment had Failed, But—

In a Dream She Saw herself Cured by Dr. Cassell's Tablets, Got some, and—

Her Dream Came True.

The cure of Mrs. S. M. Hopkins, of 31, English-road, Shirley, Southampton, England, is one that proves Dr. Cassell's Tablets to be above and beyond any ordinary medicine. Here is her personal testimony.

Interviewed recently, she said: “Quite suddenly one day I became helpless. As I was out shopping, and all at once my leg gave way under me, and I fell on the street. I was taken home. A dream suggested Dr. Cassell's Tablets to me. I dreamt that I was told to take them, and I seemed to see myself as well and active as ever. I told my husband and he got me some. After taking the tablets for a time I felt a tingling in my foot, and found I could move it. Oh! how pleased I was. Soon I was going about on crutches, and then one day I put aside my crutches and walked out into the streets without any support at all. People came to their doors to see me. It was a modern miracle. Now I am and active; and I would not have felt a needle pushed even heavier than before my illness.”

These are the actual facts of this remarkable case, which investigation will fully verify. As corroborative evidence we add:

**Testimony of the Neighbours.**

Mrs. A. E. JACKSON, of 29, ENGLISH-ROAD, SOUTHAMPTON, SAYS: “I have known Mrs. Hopkins for a long time. I knew her all through her illness. She was absolutely paralysed, could not move at all, and hospital treatment did her no good. Then she began taking Dr. Cassell's Tablets, and soon she was getting about on crutches. The next thing was that she was walking about without crutches. When I went to my door I found several others out to see the wonder. Now she is in splendid health.”

Mrs. A. A. LEVIE, ENGLISH-ROAD, SOUTHAMPTON, SAYS: “I remember Mrs. Hopkins when she was quite paralysed. She was taken to hospital, and I certainly thought she would never come out alive. Now to see her so strong and healthy is quite astonishing. She is as active as ever.”

Don't expect too much from frail humanity. Accept gifts gracefully and patiently, in the same way. To understand people takes more wit than to condemn people.

The troubles we carry are not all our own; some are borrowed and some are even stolen. There is no blessing so great as a stout heart.

**DR. CASSELL'S TABLETS**

Merit has won for Dr. Cassell's Tablets the largest sale of their class in Great Britain. They may be used with absolute confidence for every weak, wasted or run-down condition in young or old from infancy to extreme age. For instance they should be crushed to powder and given in milk. Again and again the extraordinary efficacy of Dr. Cassell's Tablets has been proved in cases of:

Nervous Breakdown	Nervous Debility	Stomach Disorders
Nerve Paralysis	Sleeplessness	Malnutrition
Spinal Paralysis	Anemia	Wasting Diseases
Infantile Paralysis	Kidney Disease	Palpitation
Neurasthenia	Indigestion	Wasting in Children

Specially valuable to nursing Mothers and Middle Age

All druggists and stockholders throughout the Dominion sell Dr. Cassell's Tablets at 50 cents. A Free Sample will be sent to you on receipt of 5 cents for mailing and packing, by the sole agents for Canada, H. F. Ritchie and Co., Ltd., 50, McCam-street, Toronto, Ont.