

THE GREAT BLOOD PURIFIER

"Fruit-a-lives" Cleans, Purifies, Enriches.

Fruit juice is Nature's own remedy. "FRUIT-A-LIVES," the famous fruit medicine, keeps the blood pure and rich because it keeps the whole system free of impurities. "Fruit-a-lives" improves the Skin Action; enables the stomach to digest food properly; makes the bowels move regularly; and relieves the strain on the Kidneys.

By its cleansing, healing powers on the eliminating organs, "Fruit-a-lives" rids the system of all waste matter and thus insures a pure blood supply.

50c. a box, 6 for 2.50, trial size 25c. At dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Thickness.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture by asking at any drug store for a 50-cent bottle of "Wyleth's Sage and Sulphur Compound," which darkens the hair so naturally, so effectively, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen a sponge or soft brush with it, and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyleth's Sage and Sulphur is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

WHY CHILLY WEATHER BRINGS RHEUMATISM

Says skin pores are closed and uric acid remains in blood.

Rheumatism is no respecter of age, sex, color or rank. It is not the most dangerous of human afflictions. It is one of the most painful. Those subject to rheumatism should eat less meat, dress as warmly as possible, avoid any undue exposure and, above all, drink lots of pure water.

Rheumatism is caused by uric acid which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly, cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate this uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

Get the first twinge of rheumatism at any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action; thus ridding the blood of these impurities. Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia water drink which overcomes uric acid and is beneficial to your kidneys as well.

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.

Cook's Cotton Root Compound

A safe, reliable, restorative medicine. Sold in three different strengths—No. 1, 2, 3. Sold by all druggists, or sent prepaid on receipt of price, free of postage. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Opposite Water-Works)

Farm for Sale

100 acres, 12 miles from city; good buildings, plenty of water, some wood. \$4,750, easy terms. Farm on shore of a beautiful lake, good fishing and hunting, \$450. W. H. GODWIN & SON Phone 424, 39 Brock St

FROM THE COUNTRYSIDE

Frontenac

BARRIEFIELD.
Jan. 14.—St. Mark's choir held a meeting Wednesday, Jan. 12th at the home of Mr. and Mrs. Knight at "The Pines." Skating and coasting are the principal pastime for the young people. Miss Bertha Pugh left for Ottawa to visit with friends there. Mr. and Mrs. Burnside and son, city, spent their holidays with her parents, Mr. and Mrs. Crozier. They have returned home, Mrs. Collier and little daughter, who visited her sister, Mrs. Werden, has left for home in Toronto. Mr. and Mrs. Coldham, and family who visited friends at Verona, have returned home. Mrs. Elliott and little son, who visited with her uncle and aunt, Sergt and Mrs. Gray, have left for Toronto. Mrs. J. Sharp and two children are spending the winter months with her parents, Mr. and Mrs. McKegg, city.

ECHO LAKE.

Jan. 11.—Mr. and Mrs. S. Goudy are here on Sunday last. Farmers are taking advantage of the fine roads to do their hauling. Edward Hicks is drawing logs to Simon Jackson's sawmill. Quite a few took a load of wood to Moscow last week. Daniel McCleod lost a fine cow last week, a fine time skating, though the ice is not so good as 'twas last year. Archibald Cox made a business trip to Desert Lake on Saturday. Sunday visitors: Mrs. H. Hicks at A. Wagar's; Mrs. James Emney and Miss Madge Buckley at J. Swift's; Miss Florence Murray and Miss Orpha Wagar at John Cronk's; Mr. and Mrs. Secord McCulley at D. McCleod's; Arnold Leslie at L. Switzer's; Miss Lena Goodberry, Laura Peters and Ethel Wagar at A. Wagar's; William Wagar and family, Wagarville, also Philip Wagar at A. Wagar's; Mrs. Van Abrams is visiting her parents for a week; Robert Hamilton, Watertown, N.Y., formerly of this place, has been calling on a few friends around here; Daniel Goodberry and Miss Harriett Irish have been spending a few days at Verona.

PERTH ROAD.

Jan. 13.—Many are suffering with an attack of the gripe, owing to the changeable weather. The social evening held at Maple Leaf in honor of Mr. Caswell was well attended. The young people have spent many enjoyable evenings skating. A few from here attended the carnival held at Saffordton on Tuesday evening. The pulpit will be occupied Sunday evening by one of the former pastors, Rev. J. A. Waddell, Seely's Bay. School was re-opened until Monday last owing to the illness of the teacher, Mr. M. Raymond. Miss W. Campbell is again fulfilling her duties as teacher, having Opifon school. Mrs. B. Johnston has returned home after a severe attack of gripe. Miss Gilker at Mrs. J. Raymond's; Mr. and Mrs. George McGillivray and children, at Walter Guthrie's; Walter Guthrie, who had an attack of gripe is better. Mrs. T. Votary is improving. Mrs. J. S. Roberts is ill with gripe. E. Roberts is at home for a few days. The regular meeting of the Ladies' Aid was postponed Wednesday, owing to the illness of one of its members. Many of the farmers are hauling logs to the saw mill and pulpwood to the station for shipment. Mrs. Miller Delsie, Sask., is visiting her sister, Mrs. H. McCadden, and friends here. Maple Leaf schools, which has been closed owing to the outbreak of measles, will be re-opening Friday. Roy McKay, Sydenham High school, returned home Thursday having an attack of gripe.

MOUNTAIN GROVE.

Jan. 13.—Marshall Price and daughter Vera, Westbrook, and Miss Estella Price, Fort William, are visiting friends here. Miss Ida Kennedy has resigned the North School to take effect Jan. 31st. Mrs. D. Youmans was called to bedside of her sister Mrs. Hughes, Pleasant Valley, who is quite ill. Edward Price and Hugh Thompson are attending the short course in agriculture Harrowsmith. Misses Grace Godfrey and Mahel Price will attend the Sunday school convention at Sharbot Lake next week as delegates. A number of others intend going, including the choir. Miss Maggie Cox has given up her position as clerk with T. Hayward and returned home. Alfred Barr Saskatchewan, is renewing acquaintances here. The Women's Institute held its first meeting at the parsonage. Mr. and Mrs. Henry Lewis, Saskatchewan, are visiting their brother and sister, Mr. and Mrs. George Lewis, Mrs. (Rev.) Bryn and little son, Ralph, Norwood, are visiting her father, Rev. Mr. Webster at the parsonage. Ford Godfrey has returned to Toronto after spending his holidays at home. Miss Minnie Parker has returned to Kingston after spending her holidays with her sister, Mrs. Hayes, Oakland Hayes, is attending dairy school Kingston.

Jan. 14.—The roads are in splendid condition. A number from here Sharbot Lake next week. A Barr is visiting relatives here after a long absence in the western provinces. John Lewis is visiting here. Miss Bessie Hayes spent Sunday with Miss Nora Gray. Mrs. Irvin is the guest of Mrs. Webster. Messrs. Hugh Thompson and Edward Price have gone to Harrowsmith where they will take an agricultural course. Miss Ida Kennedy and Stanley Flynn visited at A. W. Thompson's on Sunday last. A. Crozier is moving his implements to his new home in Nap-
anee.

Leeds

PLUM HOLLOW.

Jan. 13.—Mr. and Mrs. Charles Tackaberry are both confined to their home through illness. Mrs. Newton Kibborn is gaining after her serious illness. Mrs. Barber is able to be out again. Mr. and Mrs. D. M. Kitchin spent Friday with Addison friends. O. Jackson has leased the Harmon Buller farm and intends moving in March. E. Jackson and daughter of the Canadian West are visiting friends here. Mr. and Mrs. Frank Johnston, Neildale, Sask., spent a day here guest at Alfred Kibborn's.

NEWBORO.

Jan. 13.—Mrs. James Lerray is ill of pneumonia. Miss Pinkerton, has taken the position of principal of the school, vacant by the resignation of Mr. Morton. Mrs. G. S. Wrathall has engaged to teach the Bell School, and has commenced her duties. W. J. Hart, Edmonton, Alta., is visiting his mother and friends for a few weeks. The hockey boys have played two games with Portland winning both games. George Foster left this morning for the Maritime Provinces, where he will put in a couple of months representing the Tilley Company of Montreal. William Lake has signed up at Westport for overseas service. One more rifle and less hockey stick. Benjamin Bell has moved into the Myer's house on Main street.

MALLORYTOWN.

Jan. 14.—Nathan Kelly is surprising many people who are keeping hens for profit. On Monday he gathered 85 and on Tuesday 84 eggs. His flock consists of 200 hens. Wallace Cook was home from Brockville on Monday to see his parents, Mr. and Mrs. G. A. Guild, Mrs. Walsh, Merrickville, is visiting her parents, Mr. and Mrs. R. Hodges. F. Purvis is taking a course at the Brockville Business College. W. H. Ham, who is caring for his horse, was hurt, and is under Dr. Judgson's care. Rev. H. T. Crossley, evangelist, Toronto, has finished a campaign which was very successful. Several letters have been received from Dr. Bissen, who enlisted a couple of months ago. His address is: Lieut. E. S. Bisset, cars Messrs. Holt & Co., 6 White Hall Place, London, England. He is serving in a hospital in England for the present.

MOREWOOD.

Jan. 12.—A baby boy was born to Mr. and Mrs. Iden Longridge on Tuesday. Mr. D. McGregor spent a few days last week in Montreal. Mr. and Mrs. Kille, from Saskatchewan are spending a few weeks here. Mrs. Feeley and children are spending the week at Mrs. McConnell's. Frederick Reveler and daughter are visiting her parents in Chrysler. Miss Christie Lonks is spending a few weeks with friends here. Mrs. Geo. Harrington entertained a number of friends to dinner at her home on Saturday. A Red Cross tea will be held at the home of Mrs. James Bortgart on Friday. Mrs. Lawrence Walker and children, Winchester, spent a week with her parents, Mr. and Mrs. Wesley Smith. Miss Boulton was a week-end visitor here. Mr. and Mrs. Allen Swerdferger visited with friends at Lunenburg. Mrs. Thomas Gillespie had the misfortune to fall down the cellar stairs and break her arm. Little "Jack" Gillespie died suddenly at his parents' home on Sunday. The funeral took place on Tuesday. A box of clothing is being packed for the Belgians. A concert was given in the hall on Friday under the auspices of the Forrester.

WESTBROOK.

Jan. 13.—The marriage of Miss Florence Smith of the village to Anthony Smith, Woodbine road, was announced to take place on Wednesday, Jan. 13th. School was closed on Friday last owing to the absence of Miss Orser, teacher, who was called home on account of the death of her grandmother, the late Mrs. T. Orser, G. G. Vale. Mr. and Mrs. F. J. Gates are convalescing from their recent severe illness. D. Sheehan, also on the sick list is able to be out again. Mrs. B. Rose and Mrs. H. Tait, Collins Bay, called on friends in the village on Tuesday. F. Winters, Langdon, N.D., was a guest of Mr. and Mrs. J. L. Sproule last week. Thursday afternoon last with Mrs. F. J. Tates. M. Clegg has purchased Mrs. Wright's farm on the fourth concession and P. Wright has purchased J. P. Rose's farm on the same street. Miss Estella Trousdale, Hartington, was a recent visitor at W. Shilling Monday at D. Sheehan's. Mr. and Mrs. Arthur Singleton, Deseronto, were recent visitors at J. P. Rose's.

Gin Pills FOR THE KIDNEYS

Why They're Bought

"I can certainly say the Gin Pills have done a lot of good for me."

Some four years ago I could not walk up stairs, my feet and ankles were so swollen, but I took three boxes of Gin Pills and the trouble has never returned. My mother, 82 years of age, is taking them and feels fine.

MRS. J. B. SALSBERY, Camden East.

GIN PILLS are 50c. a box, or 6 boxes for \$2.50 at all druggists. Sample sent free if requested. National Drug & Chemical Co. of Canada, Limited, Toronto.

Sleepytime Tales

NED'S FRIGHT.

Once upon a time Grandmother had gone to bed quite early. It was a rainy and blowy night and the wind howled down the chimney and around the corners outside, until she drew down the shade and decided that she might shut out the noise of the storm if she went to bed and pulled the blankets over her ears.

Ned and Beth had gone to bed a long time ago and Ned had fallen asleep almost as soon as his head touched the pillow for he had been out skating all the afternoon and was very tired.

All at once he woke with a start and could plainly hear a noise like someone rapping at his window and it grew louder and louder while the wind howled and shrieked. Ned covered his head with the blankets but he could still hear it and soon he thought he heard someone trying to open the window. At last he got courage to poke his head out and look at the window and there he saw what looked like a big hand, waving back and forth and knocking at the pane.

Ned could not stand it any longer so he very carefully raised the covers, put first one foot and then the other softly on the floor and very slowly crept toward the door. When he reached the hall he ran as fast as he could to his grandmother's room, opened her door and fairly sprang into her bed.

Grandmother woke with a start and asked Ned what was the matter, for usually he was a very brave little boy. When Ned excitedly told her about the hand and the rapping she smiled and said: "Now Ned, let us go and I go and find out what it is," but Ned shivered and replied: "Oh Grandmother, I am afraid."

Grandmother told him it was much better to find out the truth of everything and then Ned began to feel a little ashamed to be so scared when Grandmother was so brave and together they went to clear up the mystery.

What do you suppose they found it was? Just a branch of a tree that had become loosened by the wind and was hitting the window as it waved back and forth and making a shadow on the pane.

"Low Cost of Living" Menu

Menu for Tuesday

BREAKFAST.
Buttered Toast
Corn Griddles
Coffee

LUNCHEON.
Cold Salad
Toasted Crackers
Cake

DINNER.
Cream Soup
Coddish Souffle
Potatoes with Spanish Sauce
Stewed Corn
Apple and Raisin Jam
Apple and Raisin Pudding

BREAKFAST.

Corn Griddles—Mix two cups of corned, a tablespoon of sugar, and enough hot milk to make it the right consistency. Let this stand for half an hour and fry on a well greased griddle.

LUNCHEON.

Coddish Souffle—To one cup of boiled and flaked coddish, add one cup of mashed potatoes, one half cup of milk, one beaten egg, and salt and pepper to taste. Put this into a

buttered baking dish and bake in the oven until browned.

DINNER.

New England Fish Pie—Cut a pound of cod into individual pieces and roll in flour. Place in a casserole, season, add a layer of oysters if you care for them, otherwise not, a tablespoon of lemon juice and a layer of fine cracker crumbs. Moisten with water and butter and bake slowly twenty minutes. Cover the pie with hot, well seasoned mashed potatoes and brown in the oven.

Potatoes with Spanish Sauce—Chop fine cold potatoes and fry brown. Fold like an omelet and, when ready to serve, pour over the following sauce: Boil for ten minutes half a can of tomatoes, two shredded sweet peppers, half a can of small mushrooms, and salt and pepper. Then add two tablespoons of flour dissolved in a little cold tomato, and hold until thick.

Apple and Raisin Jam—Cut twelve large apples into eighths and place in a kettle over a gentle heat, with a pint of sweet cider. Cook until tender, press through a sieve, return to the preserving kettle and add four pounds of seeded raisins and one pound of sugar. Simmer for half an hour, turn into glasses and seal.

Back of every desire for debt making should be a dozen desires for debt paying.

Prince Edward

BONGARD'S.

Jan. 12.—There passed away at her late home on Sunday last, Miss Tobey, wife of John H. Harrison, aged seventy-nine years. Deceased had been ailing for some time and her death was not unexpected. Besides her husband, she leaves a family of two sons, Byron E. Woupin, Roswell, Bongard's, and two daughters, Mrs. D. T. McCormack of the same place and Mrs. E. A. Williams, Picton, who will mourn the loss of a kind and affectionate wife and mother. The funeral was held on Tuesday and was largely attended. The Ladies' Aid met at the home of Mrs. Thomas Bongard on Thursday. Sewing was also done for the soldiers. The next meeting will be held at Mrs. J. Shepard's. F. Eaton has purchased a new Chevrolet car. Miss Jean Vincent, Bethel, is the guest of Mrs. J. Shepard. Mr. and Mrs. Percy Thurston were at home to a number of their friends last Thursday evening. Mr. and Mrs. Harry Stanton, East Lake, and Mr. and Mrs. E. A. Williams and son, Picton, were recent guests at R. Harrison's. An epidemic of gripe prevails here. Mr. and Mrs. Van Weer are going to Chatham to visit her mother before returning to their home in the west.

Hastings

TAMWORTH.

Jan. 12.—Mrs. Thompson, Toronto, is visiting her mother, Mrs. Wells. The concert given in the town hall by the 146th Battalion was well attended. A number of boys assisted at the close of the concert. Mr. Martin and wife are to visit friends in Toronto. J. A. Floyd was elected mayor of Mattawa by a big majority. Edward Coughlan and wife, Buffalo, visited friends in town last week. Mrs. George Godfrey, Chatham, is visiting friends in this vicinity. The attendance at the school is very small owing to gripe. John Woodcock is building a large boat for Mr. Tucker.

Lennox & Addington

BATH.

Jan. 13.—Mr. and Mrs. G. W. Hazellton have returned from a visit with their son Leroy at Conway. Mr. and Mrs. A. McCaugherty attended the funeral of Robert McKee in Kingston last week. Born on Jan. 12th to Mr. and Mrs. J. B. Howell a daughter, Mr. and Mrs. J. B. Howell are visiting in Toronto. William Weese has purchased an automobile and intends to conduct an auto livery here. Court was held here on Friday last by Judge Lavell, Kingston.

A lady's comment—Tastes better—goes farther!

Red Rose Tea "is good tea"

A Happy New Year

To all our customers. We would like to make every home happy for 1916 by placing a Grafonola by your fire-side.

Having the greatest singers, musicians and speakers in your home, any and every night will make you and your family happy and bright.

All you pay is \$5.00 on machine and \$5.00 for Records, we carry the rest.



Meteor, \$20.

Treadgold Sporting Goods Co.

Labatt's

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CRISCO

Good results with Crisco are certain if a good recipe is used, and measurements are carefully followed.

Crisco has been tested so thoroughly both by its manufacturers and by the vast army of housewives who for years have used it that there can be no doubt as to its quality.

Made in new, sanitary, sunlit factories at Hamilton, Canada