

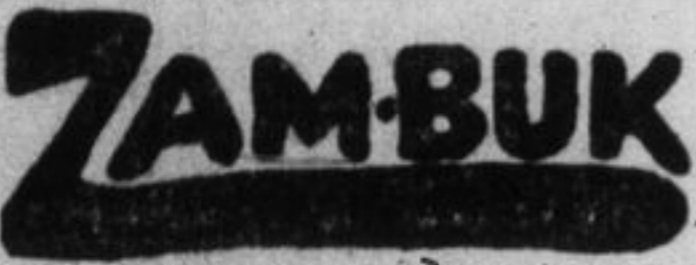
# TO CURE ECZEMA

It is necessary that the remedy used shall not only have unusual healing power, but shall also contain germicide. Every one knows that where there is disease, there are germs, and it is the persistence of these germs that prevents an eczema patch from healing. Zam-Buk is such a strong germicide that germs cannot live where it is applied.

The germs having been destroyed, the healing, soothing, herbal essences in Zam-Buk soon have their effect. Gradually, new, healthy tissue replaces the old and diseased, and eczema is ended.

If you suffer from eczema, ulcers, abscess, poisoned wound, ringworm, pimples, boils or any other disease of the skin, don't delay, but secure a box of Zam-Buk at once, and prove for yourself its power.

All druggists, 50c. for \$1.25, or Zam-Buk Co., Toronto.



## Montgomery Dye Works

For the Best in French Dry Cleaning, Dyeing and Pressing.

J. B. HARRIS, Prop.,  
225 Princess St.  
Phone 1114.

### NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up—the air passages of your head are clear and you can breathe freely. No more hawking, snuffing, mucous discharge, headache, dryness—no struggling for breath at night, your cold or catarrh is gone.

Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head, soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

### SHE DARKENED HER GRAY HAIR

A Kansas City Lady Darkened Her Gray Hair and Stimulated Its Growth by a Simple Home Process.

She Tells How She Did It

A well-known resident of Kansas City, Missouri, who darkened her gray hair by a simple home process made the following statement: "Any lady or gentleman can darken their gray or faded hair, stimulate its growth and make it soft and glossy with this simple recipe, which they can mix at home. To half a pint of water add 1 oz. of bay rum, 1 small box of Orlex Compound and 1-4 oz. of glycerine. These ingredients can be purchased at any drug store at very little cost. Apply to the hair every other day until the gray hair is darkened sufficiently, then every two weeks. This mixture relieves scalp troubles and is excellent for dandruff and falling hair. It does not stain the scalp, is not sticky or greasy, and does not rub off. It will make a gray haired person look 10 to 20 years younger."

### SALTS IN HOT WATER CLEARS PIMPLY SKIN

Says we must make kidneys clean the blood and pimples disappear.

Pimples, sores and boils usually result from toxins, poisons and impurities which are generated in the bowels and then absorbed into the blood through the very ducts which should absorb only nourishment to sustain the body.

It is the function of the kidneys to filter impurities from the blood and cast them out in the form of urine. In many instances the bowels create more toxins and impurities than the kidneys can eliminate, then the blood uses the skin pores as the next best means of getting rid of these impurities which often break out all over the skin in the form of pimples.

The surest way to clear the skin of these eruptions, says a noted authority, is to get from any pharmacy about four ounces of Jad Salts and take a tablespoonful in a glass of hot water each morning before breakfast for one week. This will prevent the formation of toxins in the bowels. It also stimulates the kidneys to normal activity, thus coaxing them to filter the blood of impurities and clearing the skin of pimples.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia. Here you have a pleasant, effervescent drink which usually makes pimples disappear; cleanses the blood and is excellent for the kidneys as well.

# FROM THE COUNTRYSIDE

## Frontenac

**DESERT LAKE.**  
Jan. 17.—Miss Alma Snook has a severe attack of the measles. John McKnight is seriously ill of pleurisy and pneumonia. The recent snow made travelling on the lake very enjoyable. Miss Lloyd, Brewer's Mills, has come to teach the Bedford school. S. J. Deys has returned after a very enjoyable trip through Southwestern Ontario. H. B. Page spent Sunday with his sister, Mrs. W. Collins, Long Lake, and E. Morley was at his mother's, Mrs. Clark's.

**PICCADILLY.**  
Jan. 17.—Farmers are getting their wood cut, but under difficulties as the weather is so uncertain. The roads are in a very slippery condition. The Forrester's box social, held here on the 14th inst., was well attended, and a very enjoyable evening was spent. Miss Gladys Leslie visited her services as nurse for overseas service with Queen's Station Hospital, and has been accepted. Miss Pansy Percy, of Sydenham High School, is spending the week-end under the parental roof. Miss Root and Miss Valentine spent last Sunday at Mr. Cowdy's. A box social in aid of the Presbyterian Church, which was held at the home of Mrs. F. Howes, Thursday evening. The wedding bells are ringing. Miss Leona Pruesdale, at J. Percy's. Mrs. G. Shepherd was in Kingston last week attending the funeral of her niece, Miss Georgie Emery. Rev. Mr. Fairburn is holding revival services at the Methodist Church. The school is progressing favorably under the management of Miss G. Clark, of Napanee. The young people are enjoying the skating on the lakes. G. Clarke and C. Kennedy made a flying trip to Belleville last week.

**WHITE LAKE.**  
Jan. 12.—The residents of this community were sorry to hear that Miss Rhoda Conboy, youngest daughter of Mr. and Mrs. William Conboy, Sr., passed away on Sunday, Jan. 9th. The deceased was ailing for some time. There is left to mourn her loss, besides a father and mother, four sisters, Mrs. Kirkham, Clarence, Mrs. Sargent and Mrs. Parks, both of Zealand; and Miss Annie, at home; also, five brothers, Silas, New Ontario; William and John, both of Oso, and Robert and Herbert at home. The deceased was of quiet and benevolent disposition, a true and sympathetic friend, and a most reliable person. She was passed to her reward highly respected by a large number of friends and deeply mourned by her loved ones. She was a Methodist in religion. The funeral, which was held at her home, was attended by a large gathering of sympathizing friends. Rev. Mr. Brown, Sharbot Lake, officiated. Interment took place at Zealand cemetery. Mr. and Mrs. H. L. Lewis, Sask., are visiting friends here. Mr. T. Johnston is spending a few days in Kingston. Mr. and Mrs. E. Warren and family at J. R. Burke's. John Lewis, Manitoba, and Herbert Lewis, Saskatchewan, have come to spend the winter months under the parental roof.

**VERONA.**  
Jan. 19.—The Hockey Club is making great preparations for their masquerade and ice carnival here on the evening of January 21st. With regard to the recent hockey match between Verona vs. Sydenham, at Sydenham, we wish to correct an error in the Sydenham correspondent's report regarding the score which was stated as 2 to 2. The actual score was 4 to 2 in Verona's favor. Mr. and Mrs. H. Jeffery, Oswego, N. Y., are visiting at Joseph Percy's. The party at F. Scalp's was much enjoyed. R. Greatrix has returned from a trip to Belleville. Mrs. W. Carroll is in Kingston. Mrs. Fairburn is holding revival services at Bethel appointment. Miss N. Medcof, Holliford music teacher, was here to-day. Measles are quite epidemic near here. H. C. Lurleigh, going overseas with No. 5 (Queen's) Station Hospital reinforcements, left to-day to resume his course of instruction at Kingston. H. Asseltine has recovered from a severe attack of grippé. A. and K. Trusdale, have been also on the sick list. Mr. S. Asseltine was presented with a beautiful Victoria by his two sons in the Porcupine district. Wesley Freeman, Cole Lake, has bought the old Reynolds' saw mill building here. J. S. Bradford and G. Hamilton, are drawing field-spar from Fourteen-Island Lake.

## Prince Edward

**BLOOMFIELD.**  
Jan. 19.—The first good snow of the season came yesterday, and sleighing will be good. The swamps are all frozen so if winter weather stays there will be a good cut of wood and logs. George Platford is at Montreal attending the ice races. Special services have been conducted in the Methodist Church during the past two weeks. George Andrews has enlisted at Picton as a private. Edgar Maetin has been confined to the house for several weeks with rheumatism. Harry Noah, who has been visiting his sister in Toronto during the past three weeks, has arrived home. Walter Leavens is critically ill at his home with bowel trouble. Haight Bros have received one of the new model \$850 Overland cars. James Eaton, who had a bad fall, is recovering.

## Lennox & Addington

**CENTREVILLE.**  
Jan. 14.—The new Council met on Monday for the first session. Leo Donoghue left on Tuesday to attend business college in Kingston. John Fairbairn had the misfortune to sprain his ankle recently. The Ladies' Auxiliary of the Methodist Church met at Mr. Breaux's on Thursday. The prayer meeting held at Mrs. Morjimer, Lochhead's, on Wednesday night was well attended. Miss Mabel Weese is visiting in Selby this week. Miss Irene Cassidy spent the week-end in Napanee. A number from here attended the funeral of the late Mrs. Edward Price, Wesley, on Tuesday. Her remains were taken to Camden East for interment.

**VENNACHAR.**  
Jan. 18.—Mrs. Alfred Gregg, who has been ill for some time, has not thoroughly recovered as yet. Wesley Conroy, who has had a severe attack of grippé, is slowly recovering. Robert Gregg, who was working in the lumber woods near Wensley, has returned home owing to an attack of hemorrhage. John Cowan made a business trip to Lavant on Tuesday, accompanied by his eldest son, Andrew, en route to New Ontario. E. J. Wensley, Borden, Sask., visiting friends here. Mrs. William Gilmore, visiting friends in Ardoch. Master Russell and Arabella Ball, Denbigh, week-end visitors at their grandmother's, Mrs. W. Connor's, Mr. and Mrs. John Gilmour were week-end visitors at James Johnston's, Wilson. Mr. Everett Fluke, Plevina, visited friends here on Monday last. Quarterly meeting is to be conducted by Rev. W. H. Reynolds, Kingston, Sunday next in the Free Methodist Church.

**DENBIGH.**  
Jan. 18.—F. Allen, who enjoyed the holiday season at his home at Sharbot Lake, has resumed teaching in the village school. The Misses Elsa and Flora Fritsch and Mary Dool have also returned to the positions they held last year as teachers in Raglan, the State falls Settlement and Glenfield respectively while Miss Cora Steia has been engaged to teach in S. S. No. seven and Miss Katie Marquard in Belleville School. Miss Lena Marquard left for Ottawa to continue her studies there. At the 18th meeting held by our Municipal Council for this year on the 10th inst. the following municipal officers were appointed: Paul Stein was re-appointed Township Clerk and Secretary of the local Board of Health and entered on the 28th year of service in that capacity. Dr. Joseph Adams was reappointed Medical member of the Board of Health. Dr. J. Adams and Herbert Fritsch, auditors of the treasurer's books and Albert Lockwood, assessor. Emil Petzold and his daughter Ida, who formerly resided here, but have upwards of twenty years ago moved away to near Mount Forest, are spending a few weeks here visiting their numerous relatives and former neighbors, and Mr. and Mrs. William Hoppins, who now reside near New Liskeard but spent a month or so visiting her daughter, Mrs. M. Ready, left a few days ago for Lanark County, where they intended to visit some other relatives before returning to New Ontario. Edward Petzold sold his gristmill and other real estate here to his son E. W. Petzold, who has taken possession. Grippé is very prevalent here and the Whig correspondent is one of its victims.

## Lanark

**CALDWELL'S MILLS.**  
Jan. 17.—Wedder Burn, Kingston, conducted divine services here Sunday last. Miss Nellie Gray went a few days at S. Lee's, Lavant, Messrs. Wilfred and John Elliott have enlisted for overseas service. The Misses Bella and Maggie Stewart are recovering after an illness of grippé. Harry B. Gray has gone to Sharbot Lake to attend the Sunday School convention. Miss Ethel Easton called on friends at Sharbot Lake, Saturday last. Marshall Moffatt made a flying trip to Lavant Saturday.

Joel Schamerhorn, Roblin, a widower, 76 years of age and a native of Richmond township, died in Belleville on Thursday. Death was due to uraemia.

**Health in Old Age**

As age advances the blood gets thin, the nerves exhausted and vitality runs low.

By building up the nerve force of the body and mind Dr. Chase's Nerve Food is an unbounded blessing to people of advanced years.

30 cents a box, all dealers.

**Dr. Chase's Nerve Food**

## Township Councils

**PORTLAND.**  
Harrowsmith, Jan. 10.—Council met on Jan. 10, 1916 met. W. S. Reed, reeve; James McKeever, William Smith, Alexander Thompson and Wellington Vannest, councillors. Members took oath of qualification and declaration of office. Minutes of meeting of Dec. 15th, 1915, confirmed. On motion, Thompson, Asst. reeve, James Macdonald and Archie McLean were appointed auditors; Charles Hazden, caretaker of Township Hall; Thomas Dowker, sanitary inspector; Thomas Bradford and Frank Davey, sheep valuers. Harry Campbell, member of Board of Health. Moved, McKeever-Vannest, that A. Cowdy, from Huron Road to Wilton Road and William Lee, from Star Corner to Kingston Tp. (Shibley Road) to Bell Shy, from Camden Boundary to Star Corner; John Shillington, East End 2nd Con. to Murvale School; Sam. Martin, from Ernestown Bdy. to Yarker Road; Archie Clark, from Star Corner to Star Corner; Andrew Wallace, from Archie Clark's; Loughboro Bdy.; James E. Babcock, Loughboro Bdy. from Sydenham Road to Kingston Township Bdy. and East End 4th-Concession; Archie McLean, from Jackson's Corners to McLean's Hill to Brady's Hill; Ever-ton Shagraw, from McLean's Hill to Camden Boundary; Thomas Clark, Harrowsmith to Star Corner; William McQuay, from Harrowsmith to Star Corner; Torrance Phillips, from Harrowsmith to Loughboro Bdy.; Ernest Townsend, from Harrowsmith to Jackson's Corners; Stanley Husband, from Jackson's Corners to Camden Bdy.; Howard Stove, from Camden Bdy. to Yarker Road; John Watson's; William Whitty, from Harrowsmith to Petworth; M. Kay, from Harrowsmith to Knowlton Lake; M. Bradford, from Camden Bdy. to James Hughes'; Stanley Jessup, from Star Slack's School to Jackson's corner; Richard Ellerbeck, from Charles Sigward's to James Hughes'; James Alton, from William Reynolds's to Loughboro Bdy.; Le Roy Tompkin, Camden Bdy. from Petworth to Huffman's Corner then to Bellock Swamp; A. Watson, from north to Manson's Swamp; Edw. White, from Manson's Swamp to Slack's School; Sigward, from Slack's School to Arthur Smith's; William Jackson, from Arthur Smith's to Loughboro Bdy.; Arthur Smith, from Harrington to Harrowsmith; Harry Watson, from Slack's School to Harrowsmith; Marjory Brown, from Boyce's to Harrington; William Babcock, from Harrington to Loughboro Bdy.; Geo. Babcock, from Leonard's Corner north to Smith's Corner; then to Loughboro Bdy.; Archie Goslin, from Harrington to Big Falls; James Carlton, Carlton Road; Walker, from his farm to Loughboro Bdy. and Bdy. to Knowlton Lake; Ben. Revell, from Bellock to Tyrone's Corner; Frank Davey, from Tyrone's Corner to Verona and Melroy Road; John Segriff, from O'Neill's Corner to Bellock; John Walker, from his farm to A. Redmond's; Damon Ball, from his farm to Sandford Card's; Sandford Card, from his farm to Verona; Leonard Meeks, from Bellock to Charles Ruttan's; John Walker, from Charles Ruttan's to Highbrook Bdy.; James Talbot, from his farm to Camden Bdy.; James Foster, from James Tallon to John Clair's; Thomas Laveque, from James Tallon's to William Moir's; William Moir, from Barnet Babcock's to Bellock; Simon Drader, Snider Road; C. C. Craig, Craig Road to Highbrook Road; William Storms, High Falls Road from Loughboro Bdy. to Highbrook Road; Levi Storms; Highbrook Road to County Road; Frank O'Reilly, Highbrook Bdy. to Huffman's Corner; Archie Wilkin, from his farm to Verona; Eugene Percy, from Highbrook Bdy. to A. Wilkin's.

## Leeds

**YONGE MILLS.**  
Jan. 17.—Miss Bertha Cook left last week for Ottawa where she will spend a month. Misses Helen and Mildred Derbyshire, Brockville, spent Saturday with their grandparents, Mr. and Mrs. G. A. Purvis, Frank Ferguson and Frederick Duncan are in Toronto taking a course in telegraphy. N. L. Gardiner is confined to the house with grippé. Mrs. B. Burham is ill of pneumonia. Mrs. Alexander Gibson returned home from Toronto where she spent a couple of weeks with her son, George Gibson. Mr. and Mrs. Gignilia were recent guests of their daughter, Mrs. G. A. Turkington. Hiram Cook had the misfortune to slip on the ice sustaining severe cuts on his head. Miss Laura Ferguson is spending a few days in Brockville with her sister, Mrs. B. Wright. Mrs. N. McLean returned home Saturday from Brockville, where she was visiting friends. Grippé is very prevalent in this community.

**A Strathcona Story.**  
Lord Strathcona was fond of telling this story of a Highland chief, The Macnab, a pioneer on the upper Ottawa. On one occasion Macnab entertained Sir George Simpson and a number of leading fur traders of Highland origin. Some surprise was expressed that Simpson should have occupied the seat at one end of the board, and a Mr. McKenzie the other end.

"At last one man inquired: 'Macnab, why are ye no at the head o' your ain table?'"

"The host turned upon his questioner and answered with great dignity: 'Well, that where the Macnab sits there is the head o' the table!'"

**The Crop of 1915.**  
It is beyond question that 1915 has been the banner year in the history of western Canada as far as the yield of all produce of the soil is concerned. The yield of grain in respect to grain crops has been well in excess of the average obtained during the past ten years, and the present grain crop has brought more money to western Canada than any previous one.

The yield of grain has been large in every locality in the west, and in some cases phenomenally so. Reports would indicate in portions of Alberta and Saskatchewan, a yield of wheat of over sixty bushels to the acre, and it has been well said that we have this year garnered not one crop but two. As to what effect this crop has had on the prosperity of the individual farmer it is difficult to say.

**A Pretty Wedding.**  
A pretty wedding was solemnized at Marysville on Jan. 7th, when Miss Bessie Kennedy and Joseph Williams, Read, were united in marriage.

## A GREAT TUNNEL.

C.P.R. Mountain Tube Through Rogers' Pass is Now Complete.

Another great Canadian railway achievement was completed a few days ago when the tunnel in the marvelous Rogers Pass tunnel in the Rockies met, says the Canadian Courier. A new grade-conquering underground highway passed from an engineering feat to a railway fact. The greatest railway tunnel in Canada and one of the greatest in the world will be in operation next autumn. The Rogers Pass double-track tunnel was decided upon in order to overcome difficult grades between mileages 76.6 and 81.5 on the mountain subdivision of the C. P. R. The western portal is 326 miles east of Vancouver, the eastern 184 miles west of Winnipeg. The length of the tunnel is 50 feet over five miles. It runs through Mt. Macdonald and under Rogers Pass. Since April, 1913, 200 men have been working to complete the tunnel for traffic as early as possible. That the work was practically completed in 1915 is a tribute to the engineering and construction staffs of the world's greatest transportation system. It was a stupendous task. A traffic highway five miles long, 29 feet wide, and 26 feet high had to be blasted through solid rock. The tunnel was designed for double-track laid on rock ballast, to be operated with oil-burning steam locomotives.

The primary purpose of this tremendous tunnel was to reduce the C. P. R. summit of the Selkirk, 4,374 feet above sea level, and to do away with nearly five miles of snow sheds, necessary on account of the snow-sides in that part of the Selkirk. The tunnel reduces the old line 4.3 miles, the tunnel was driven double, the first example of this kind of tunnel construction on this continent. A small bore 6 ft. 6 in. by 9 ft. was made 50 feet to one side of the centre line of the main tunnel, and its floor about 6 feet above the main floor line. The "Pioneer" heading and one or more centre headings were driven simultaneously. After the Pioneer had been driven 1,000 feet to the east end a cross cut was run to the spot where the centre of the main tunnel was to be and from that point new headings were begun in each direction. All "muck" had to be brought up this incline and out through the Pioneer.

## A FISH MARKET.

**Big Opportunities for Business Have Arisen in Australia.**

Opportunities for marketing the product of Canadian fisheries, the most extensive in the world, in Australia, are treated in a report received by the Trade and Commerce Department, from Commissioner Ross, of Melbourne. He states that there is a serious shortage in canned fish in Australia, advantage of which has already been taken by some New Brunswick packers to introduce canned sardines and herrings. However, the amounts exported are very small in comparison with the great demand that now exists in Australia for Canadian fish, says Mr. Ross, and he regrets that "no concerted effort has yet been made to develop the inshore or coastal industry by canning fish for export overseas."

Although Canada has quantities of fish, however, there is lacking the tonnage to carry them. Commissioner Bickerdike, of England, deals with this subject in a report just received. He states that at the present moment there is a famine in the British Isles for which the success of the British fishery, rather curiously, is partly responsible. Great Britain's navy has captured or driven off the sea some 2,800 vessels of an aggregate tonnage of 6,500,000, possessed by Germany and Austria-Hungary, as well as 202 ships of 135,000 tons under the Turkish flag. By its success the fleet thus reduced the amount of shipping available for the carrying trade of the world, since the mercantile marine of Russia, which embraced 1,254 ships of over 1,000,000 tons, has been imprisoned to a considerable extent owing to conditions in the Baltic Sea. The British Admiralty also has over 2,000 vessels requisitioned for carrying troops and stores and 2,300 auxiliary craft engaged in patrol services. The requirements of the French and Italian navies have also added a heavy drain on their merchant marine.

**One Woman's Opinion.**

"I have been asked what kind of advertisements influence me most. Unquestionably, the ones I read in our own local paper. I read that paper when I am at home and thinking about household affairs. When I am away, my mind is fully occupied with other things.

Perhaps I do see bill board and street car advertisements, but I certainly do not remember them. The advertisements that attract me most in the home paper are the ones that give real news, such as prices, styles and particulars of quality."

It pays to advertise intelligently in the home paper.

**WE HAVE NOW COMMENCED**

## Store Cars for the Winter

Our rates, including charging batteries, jacking up cars, etc., are \$10.00 per car. We have splendid facilities, dry, clean and warm. Room for 35 cars. Drop in and pick your place.

## Porritt Garage Co., - Limited

Phone 454 WELLINGTON STREET

## A Happy New Year

To all our customers. We would like to make every home happy for 1916 by placing a Gramofona by your fireside.

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.

**COME IN TO-DAY.**

Our Records play on any Disc Machine, only 85c. Best Records made.

Meteor, \$20.

## Treadgold Sporting Goods Co.

## Iron and Brass Beds

IRON BEDS, 2 inch Posts \$11.50, \$18.00, \$20.00  
IRON BEDS \$2.50, \$3.50, Specials at \$0.50, \$0.50, \$8.50

Wayside Springs, fully guaranteed, Hercules and Coil Springs. Dixie Mattress, non-tuft; Felt Mattresses, at special prices.

**R. J. REID, Leading Undertaker. Phone 571**

## CHILDREN'S COUGHS

**What Every Mother Should Know.**

Doctors declare that cough-cures containing opium, morphine, or paregoric should never be given to children, save under medical directions. Most cough mixtures contain these things; Veno's Lightning Cough Cure does not. Veno's is guaranteed poison-free, and the ideal children's cough remedy. All kinds of children's coughs yield to Veno's—even whooping cough, however violent.

**Awarded Grand Prix and Gold Medal, International Health Exhibition, Paris, 1910.**

Ask your English, Scotch, Irish, Welsh friends about Veno's Lightning Cough Cure. They know Veno's is a British remedy, made in Britain by British capital and labour, and used wherever the grand old British flag flies. Give it your children, take it yourself; it is the remedy for—

**Coughs and Colds**  
**Bronchial Troubles**  
**Nasal Catarrh**  
**Whooping Cough**  
**Bleeding Spitting**  
**Hoarseness**

Price **30 cents.**

Large size containing 24 doses the quantity 50 cents. Sold by Druggists and Dealers everywhere, or direct, on receipt of price from the makers for Canada, Harold F. Rickie & Co., Ltd., 10, Market Street, Toronto.

Proprietors—The Veno Drug Co., Ltd., Manchester, Eng.

## VENO'S LIGHTNING COUGH CURE