

FROM THE COUNTRYSIDE

Frontenac

WILBUR.

Feb. 24.—The recent snow storm has improved the roads and farmers are busy getting up wood and ice. Quarterly service was held in this church last Sunday. School is progressing favorably under the able management of Miss Yalmon. A new girl has come to stay at the home of R. Stoney. Mrs. B. Simpkins entertained the members of the Helping Hand Circle last Wednesday. A large number was present. Visitors: Mrs. William Ennas and Mrs. M. Rieve at R. Stoney's; Mr. and Mrs. Peter Swan, at J. Henry's; Mrs. B. Simpkins at W. McFadden's; Mr. and Mrs. McCammon; Miss T. Simon and Rev. Mr. Charwell at H. Amey's; Mrs. William Bradley and Mrs. D. Bradley at N. Amey's.

LELAND.

Feb. 25.—The recent cold weather and snow have greatly improved the roads, and farmers are hauling wood. The auction sale at Walter Holder's on the 23rd. Everything went at a good figure. Mr. Holder and family intend going west early in March. Mr. and Mrs. J. L. Stewart have returned after visiting friends in Uncle Sam's domain. Moving is the order of the day. A Campbell is moving into C. Barr's house. F. Keller is moving into the house vacated by A. Campbell. Raymond Cumpton, who has been very ill, is improving. Mr. and Mrs. J. Young, Catarqui, spent Sunday at S. Dickinson's. Mr. and Mrs. R. Clow at

J. Buck's; R. R. Ritchie, Perth Road, at H. Keller's; Mr. and Mrs. T. Youngs at E. Johnson's; C. Shales at J. Sillis; Mrs. A. Barr, Kingston, at A. Campbell's; D. Ferguson at L. Young's; Mr. and Mrs. H. Lake at S. Dickinson's.

HARTINGTON.

Feb. 24.—Misses Maria Watson and Alice Walker entertained the young people at Fred Ellerbeck's on Wednesday evening. The ladies of Mr. Trousdale's Sunday School class met at the home of Mrs. E. Freeman on Thursday to sew for the Red Cross Society. Large numbers are enjoying the rink. Miss Meta Campbell has returned from visiting at Elginburg. Miss Lalia Freeman, teacher at Fermoy, spent the weekend at her home here. The Methodist church is preparing to build an addition to the shed. Mr. and Mrs. Humphrey are at Morley Brown's. Mrs. Elmer Freeman has returned to Newburgh after visiting at George Brown's. Mrs. Seaman of Fort Frances at Benjamin Campbell's. Leslie Patterson is confined to the house with rheumatism. Mr. Ryan purpose holding the cheese meeting Saturday night. Mr. and Mrs. Barker, Sydneyham, are at Mrs. Barker's grandfather's. Mr. and Mrs. Charles Whitty, St. Catharines at Edward Whitty's. The Mission circle met last week with Mrs. Morley Brown. A sleighing party drove to Mr. Walker's, Holleford, to-night to an oyster supper.

OAK FLATS.

Feb. 23.—The house occupied by Charles Barich was destroyed by fire on Thursday. The friends of Mrs. Delbert Robinson are glad to know that she has recovered after a

serious attack of pneumonia. Mrs. Rufus Botting is ill. Barbara Smith and bride (formerly Miss Alma Walker, Holleford), are at home, after a trip to Ottawa and a few weeks spent with friends in the vicinity of Kingston and Sydenham. Miss E. Valentyne spent last Saturday in Kingston. Miss Bertie Snider spent last week at Card's Verona. Mr. and Mrs. W. Wagar, Echo Lake, and Mr. and Mrs. Stewart Snider, Piccadilly, were at Ralph Botting's on Sunday. Mr. and Mrs. B. J. Snider and Miss G. Snider at Joseph Genge's; Miss Bella Genge at W. Snider's; Mr. and Mrs. A. C. Reynolds at A. Snider's; Godfrey; Mr. and Mrs. W. Snider, Petworth, at Byard Snider's; Miss Nellie Snider at Ralph Botting. Levi Irish, Verona, is sawing wood in this vicinity.

SHARHOUT LAKE.

Feb. 23.—The detachment of the 146th Battalion is once more stationed here. All are glad to see them back. A box social and dance is to be held in Erwin's Hall on Friday evening in aid of their needs. E. H. Taylor, on the street, finishing out the conference year in the Methodist Church in the absence of its former minister, Lieut. Bromwich. Three families of the town have members suffering from measles. Mrs. Hamlin is ill. All are glad to see Dr. Kilborn on the street again. Miss Lena Clarke has gone to Toronto to attend the spring millinery openings. Mrs. H. Thomson of North Augusta, spent a couple of days in town recently. Miss Mabel Kilborn has returned home after visiting friends in North Augusta and Brockville. Blake Buell who has been confined to his home with a severe cold is once again at work. Corp. W. Sly is confined to his boarding house on account of illness. Corp. A. Buell, who has been ill with quincy, is once more on duty. All were glad to hear of the safe arrival of Herbert Taylor in England, where will join her husband, Lieut. Taylor. Lieut. Fairier is in charge of the detachment of soldiers here during the absence of Lieut. S. D. Wagar, who is ill. A pleasant surprise was given Miss Lillian Allen last birthday in honor of it being her birthday about 9.30 o'clock she returned home to find the house full of young people. A pleasant time was spent in cards, music dancing and chorials after which a dainty luncheon was served by the girls.

Leeds

LONG POINT.

Feb. 24.—Many from here are drawing lumber to Gananoque. Roy Tye and George Kane have enlisted with the 156th, and are training in Lyndhurst. Some from here attended the dance in St. Luke's Hall, Lyndhurst, on Friday evening. Miss Florence Suddard, Kingston, is a guest of Mrs. George Wight Thomas Slack, Lansdowne, spent the weekend at Charles O'Connor's. Mr. and Mrs. P. Kelsey and daughter, visited at W. Cooke's, Dulcemaine on Friday. Mrs. Mulvena, Charleston, is spending a few weeks with Mrs. John Moorehead. Mr. and Mrs. David Townsend attended the carnival in Brockville last week. A number from here attended the house party held at Joseph Tye's last Tuesday evening. Recent visitors: W. Cook, Dulcemaine, Mr. and Mrs. Edward Danby, Wilstead, at Philip Kelsey's; T. Slack, Lansdowne, at J. Beven's; Mr. and Mrs. William Burns, Portland, at Mrs. Sara Burns'; Miss Laura Nicholson, Lyndhurst, at George Wight's; Miss May Steacy, Lansdowne, at Jacob Bryan's; Frank Slack, Lys, and Michael Slack, Lansdowne, at Charles O'Connor's; Miss Hattie Mulvena, Charleston, at John Moorehead's; Mr. and Mrs. William Leadbeater and Miss Anna, at Joseph Singleton's; George K. Wight had a well-attended bee on Saturday drawing wood to his factory here.

Lennox & Addington

TAMWORTH.

Feb. 23.—A patriotic concert is to be given by the pupils of the Tamworth Continuation School on March 3rd. Messrs. Carscullen and Jackson of Enterprise have under way several telephone lines connecting Tamworth and the surrounding country with the rural telephone system of Canada. Mr. and Mrs. C. H. Rose, Toronto, was here on Tuesday last on business. Miss Chisholm, Belleville, is visiting at J. A. Hunter's. William Bell, Enterprise, was here on Wednesday.

YARKER.

Feb. 25.—An enthusiastic recruiting meeting and concert was held in the Methodist Church last Tuesday evening in the interest of the 146th Battalion. Addresses were delivered by Lieut. Col. C. A. Low, and Prof. Mulloy which should stir every young man to don the uniform and serve his country. Local talent assisted with the programme, after which a supper was served in the Red Cross rooms. Mr. and Mrs. Calvin Lee of this place celebrated their 80th wedding day last Saturday. Although aged, both are hale and hearty. The Yarker Yacht club took part in the Red Cross concert at Moscow Thursday night last. W. Bell of Wingham is spending a few days with his family here. Arthur Gowdy, Murvale, spent a day recently in the village. Mrs. S. Burgess has returned home after visiting with friends at Enterprise. A number of friends attended the funeral of the late Mrs. J. Shibley at Harrowsmith on Friday. Mr. and Mrs. J. Winter of Marltona are with his parents for a few days. Miss Horman, who suf-

Sleepytime Tales

THE ROSE FAIRY AND THE PUSSY WILLOWS.

Once upon a time the Rose Fairy and the Golden Bumblebee came North together. They had been down South all winter and the fairy thought it was about time to get her roses ready for the spring. But when they reached home they found it nearly covered with snow and the poor things were nearly frozen. The Golden Bumblebee didn't mind it as much as the Rose Fairy for he could easily find a place to creep into and keep nice and warm. But the fairy caught a bad cold and was feeling very ill so the bumblebee began to fly around to all of their friends to find out what it was best to do for her. All of the roses, of course, were still tucked in their warm beds the fairy had fixed for them before she went away. They couldn't help much for, you see, they only did what the fairy told them to do, and had been told to go to sleep for the winter. The Rose Fairy looked so ill and

cold and thin that, finally, the bumblebee went to his old friend, Dr. Beetle and asked his advice as to what they could do for the sick fairy. The doctor advised that he would go to the pussy willows who, he said, would be sure to know how to help the Queen Fairy. So the bumblebee flew to the pussy willows and they were delighted to help and told him to bring the Rose Fairy to them at once and that they would take care of her until spring really came. While the pussy willows were waiting for the bee to bring the fairy they all took off as many of the soft downy buds as they could spare from their own coats and made her a big, warm, fuzzy coat for the sick fairy to wear in the cold and also made a nice warm soft bed of the buds for her to sleep in. They worked so quickly that when the bee arrived with the fairy they were all ready for her and she slipped on the coat and sat down on the bed with a long sigh of happiness at being warm for the first time since she came North.

"Low Cost of Living" Menu

Menu for Wednesday

BREAKFAST
Baked Potatoes
Eggs a la Caracas
Buttered Toast Coffee

LUNCHEON
Potato Salad
Bran Gems
Cocoanut Jumbles
Sliced Oranges Tea

DINNER
Cream Soup
Spanish Halibut
Mashed Potatoes
Cabbage and Nut Salad
Mince Pie Cheese

BREAKFAST
Eggs a la Caracas—Place in a frying pan a tablespoon of butter and when hot add a cup of shredded dried beef, a cup of tomatoes, half a cup of grated cheese, and salt and pepper. When boiling add four beaten eggs and stir until foamy.

LUNCHEON
Bran Gems—Mix a cup of white flour, two cups of bran, a cup and a half of milk, a teaspoon of soda,

two tablespoons of molasses, and one egg. Bake in gem pans twenty minutes.

Cocoanut Jumbles—Cream a cup of sugar and half a cup of butter. Add a cup of milk, half a cup of cocoanut, two eggs, two teaspoons of baking powder, and flour enough to roll. Drop by spoonfuls on a buttered pan.

DINNER
Spanish Halibut—Place three or four slices of salt pork in a baking pan and on this put a thick slice of halibut. Cover the fish with thin sliced onions, two tablespoons of chopped canned sweet peppers, a cup of tomatoes, and salt and pepper. Cover and bake thirty minutes, then uncover and brown.

Cabbage and Nut Salad—Shred the cabbage very fine, mix with chopped walnut meats and serve with a cup of grated cheese, and salt and pepper. When boiling add four beaten eggs and stir until foamy.

Beat well.

fered a stroke, is improving gradually. Mrs. Peters and family of Sydenham spent the week-end with

friends here. Miss Gladys Warner visited with relatives in Sydenham last week.

A 10 Days Flesh Building Test For Thin Men and Women Who want to Increase Weight

Report Gains At Rate Of Three To Five Pounds A Week In Many Instances. Full Directions Given.

Most thin, rundown men and women would probably be glad to increase their flesh and fat if they believed it possible to accomplish such result by merely making the flesh making materials in their daily meals do a little more work than they are doing now. This is said to be the chief reason why most thin people do stay underweight. They are so constituted that they fail to fully assimilate the nutriment of their food, a great deal of which passes from the body as waste. Increase assimilation by means of normal weight follows as a matter of course.

If you are ten pounds or more underweight and believe this can't be done in your case, here is a simple, inexpensive and really harmless test that is well worth trying.

First weigh yourself. Then with a scale weigh a single Sargol tablet. As you go to bed take a single Sargol tablet. Then weigh yourself again and let the scales tell the story.

Sargol may not increase your weight as much as one pound a day but with whatever increase in your weight may be shown you can decide what its continued use for a few weeks further may be able to do for you. Sargol does not of itself make fat but con-

stitutes a splendidly balanced combination of assimilative aids and flesh-building agents it mixes with your meals for the purpose of making it easier for your blood to accept their strength, flesh and fat-making nutriment and turn it into strength, flesh and fat upon your body.

A great many people have gladly told that it succeeds. There are many reports like the following: "I have increased 18 pounds in less than a month," wrote a man from Colorado. Another man who said he had been losing over a pound a week and was under 125 pounds. Better than 15 pounds gain. A lady from St. Louis wrote: "I have gained 16 pounds and am still gaining." Sargol as a rule should be taken 30 days or more where results like above are desired.

The tablets are small, easily swallowed, produce no disagreeable effects, contain no habit forming drugs, are harmless and not at all expensive as compared with results said to be obtained.

NOTE—Sargol, referred to above is well known as a flesh builder to many of the leading local druggists who furthermore sell it on the positive guarantee, as found in each large package, of satisfactory weight increase or money back. In view of this liberal offer and the harmless nature of the remedy, it would seem that all who desire increased weight should be glad to give this method a trial.

Prince of Wales Now a Mason. Wales has been initiated into the craft. This announcement was made at the annual meeting of the Royal Masonic Benevolent Institution by the Duke of Richmond and Gordon.

"He is Always Telling Others About Them"

Brother and Sister Cured by Dr. Chase's Kidney-Liver Pills—News of Cure Too Good to Keep.

In this letter Mrs. Hurley relates how glad she and her brother are to tell how they were cured of indigestion and kidney trouble by Dr. Chase's Kidney-Liver Pills.

That is the kind of enthusiasm Dr. Chase's medicines attract, the good news of these medicines traveled until they are known the world over and considered indispensable in many thousands of homes.

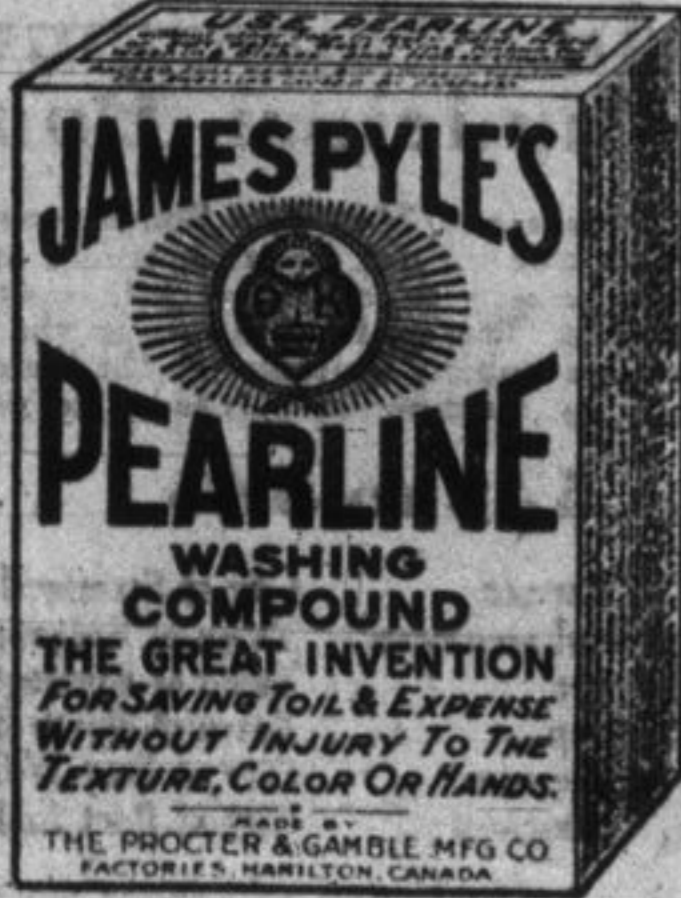
This is the kind of letters we are receiving daily and there can be no retaking the enthusiasm expressed here:

Mrs. J. J. Hurley, Upper Hanwell, York Co., N.B., writes: "I suffered from indigestion for two years, and tried a great many kinds of medi-

cine, but got no lasting relief until I used Dr. Chase's Kidney-Liver Pills. I would take severe vomiting spells and be weakened down so that I could not do my own work. I shall never be able to enjoy the medicine enough praise for the benefit derived from its use, and will strongly recommend it to all my friends.

"My brother has also used Dr. Chase's Kidney-Liver Pills and they have entirely cured him of lame back and kidney trouble. He is always telling others about them."

Dr. E. L. Brine writes: "I can certify that this statement of Mrs. J. J. Hurley is correct in all details." Chronic indigestion is almost invariably associated with torpid, sluggish action of the liver, kidneys and bowels, and can never be really cured until these organs are awakened to healthful action by such treatment as Dr. Chase's Kidney-Liver Pills. One pill a dose, 25 cts. a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.



The Good Old-fashioned Washing Compound

PEARLINE

takes the place of soap—and muscle

SOME women say "Why should I use soap powder? I can do my cleaning with soap". They forget that it is their own rubbing and scrubbing as much as the soap that is doing the work. Pearline takes the place not only of soap but of much muscular exertion. It is such a powerful dirt mover that it needs very little help from you. You should use it because it will make your hard work easier.

The Procter & Gamble Distributing Co. of Canada, Ltd. Hamilton, Canada

Almost twice as big a package as before at the same price—5 cents

WHY Are "Prohibition" States? Notoriously Intemperate?

THOSE who honestly advocate prohibitory legislation as the wholesale means of enforcing sobriety, must stare aghast at the record of Maine, the farce of Kansas, and the dismal failure of the propaganda in the other so-called "dry" States.

How painful it must be to learn that in all France there is "less drunkenness than in the State of Maine" (Chicago American, December 28th).

With what a shock will they read of the increasing intemperance of Kansas, the illicit distilling through the South, the bloody affrays following secret drinking in Georgia.

Experience Teaches Wisdom

WHERE the sale of liquor is open and licensed, proper supervision can be kept, and the seller is subject to such regulation and competition that it is only profitable for him to offer for sale pure brews and spirits that conform to Government standards.

Denied the liberty to purchase these wholesome beverages, the aim of Prohibition, the purchaser obtains by stealth, and in violation of the law, such liquors as the "blind pig" keeper offers.

Beer and other beverages, low in alcoholic content, are not sold because of their bulk, and the consequent inconvenience in handling.

The illicit dealer finds he can sell crude, cheap spirits as readily as the purer liquors, which under open sale have acquired favor solely on a quality basis.

In most cases where people can get the lighter beverages they do not go out of their way to drink strong liquors to excess.

Here, then, lies one of the glaring evils of Prohibition—the man who has indulged moderately, now turns to the illicit seller, receives what may prove to his system a positive poison, and degenerates into a drunken fiend.

Boys, who are not permitted licensed bars, are fascinated by the opportunity to violate law and the "blind pig" keeper, being under no restriction as to age limit, introduces minors to ardent spirits of the most vile type.

PROHIBITION Introduces Irremediable Evils

The Personal Liberty League of Ontario believes in temperance in all things, and in its promotion; we favor the license system under proper regulation and control, but we are opposed to prohibition or any legislation which enforces upon or curtails the purely personal liberties of our people.

Application for membership cards should be sent to The Personal Liberty League of Ontario, Head Office, 15 Wilton Avenue, Toronto.

No fees are required for membership in the League.

Fill out the application for membership and forward to the Secretary of The Personal Liberty League.

Application Blank for Membership to

The Personal Liberty League of Ontario

Head Office, 15 Wilton Ave., Toronto

The undersigned subscribes to the Declaration of Principles of The Personal Liberty League of Ontario, assures the officers of the League that he is entering with the general purpose of the organization, and hereby applies for membership, pledging himself to the furtherance of the aims and objects of the League.

NAME

BUSINESS

ADDRESS

THE PERSONAL LIBERTY LEAGUE OF ONTARIO.