

WILL WE EVER WALK ON AIR?

Train of Thought Inspired by a Letter About "Fruit-Lives"

MR. D. McLEAN

Orillia, Ont., Nov. 23rd, 1914. For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. I tried several medicines, but got no results and my Headaches became more severe. One day I saw your sign which read "Fruit-lives" make you feel like walking on air. This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. Now I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I cannot say too much for "Fruit-lives", and recommend this pleasant fruit medicine to all my friends.

DAN McLEAN. "FRUIT-LIVES" is daily proving its priceless value in relieving cases of Stomach, Liver and Kidney Trouble—General Weakness, and Skin Diseases. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-lives Limited, Ottawa.

TO SAVE EYES Is the Object of This Free Prescription—Try it if your Eyes Give You Trouble. Thousands of people suffer from eye troubles because they do not know what to do. They know some good home remedy for eye troubles, but they neglect their eyes, because the trouble is not sufficient to drive them to an eye specialist, who would, anyway, charge them a heavy fee. As a last resort they go to an optician or to the five and ten-cent store, and oftentimes get glasses that they do not need, or which, after being used a few months, do their eyes more injury than good.

Here is a simple prescription that every one should use: 5 grains Bon-Opto dissolved in 1/2 glass of water. Use three or four times a day to bathe the eyes. This prescription and the simple Bon-Opto system keeps the eyes cool, sharpens the vision and quickly overcomes inflammation and irritation; weak, watery, overworked, tired eyes and other similar troubles are greatly benefited and oftentimes cured by its use. Many reports show that wearers of glasses have discarded them after a few weeks' use. It is good for the eyes, and contains no ingredient which would injure the most sensitive eyes of an infant or the aged. Your own druggist has this prescription, or the Valmas Drug Co. of Toronto will fill it for you by mail. Try it, and know for once what real eye comfort is.

A prominent City Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constant use will cure, or at least relieve, eye ailments and watery, protruding eyes, and all the very best preparations. I feel bound to endorse it for the best eye remedy I have ever used."

Geo. W. Mahood fills many Bon-Opto prescriptions and will gladly fill yours.

Would not be Without Zutoo Tablets At Any Cost Such is the statement of Mr. A. O. Norton, of Boston, the largest Jack Manufacturer in the world. His voluntary testimonial regarding ZUTOO follows:

286 Congress St., Boston, Mass. "I have been a sufferer from Headache since childhood and have used all, or nearly all the so-called 'cures' on the market. Some months since my attention was called to Zutoo Tablets and I have been using them ever since with the most gratifying results. I find they cure a 'sick' or 'nervous' headache in a few minutes and leave no bad effects. My family use them whenever needed with equally good results. I have frequently given them to friends who were suffering from Headache and they never failed to give quick relief. I always carry Zutoo Tablets in my grip on the road and WOULD NOT BE WITHOUT THEM AT ANY COST."

A. O. NORTON. 25 cents per box—at all dealers

WEAK LUNGS Bronchitis—Asthma—Coughs—Night Sweats—Debility And those conditions Leading to CONSUMPTION

Some Extracts from Sworn Evidence: Randolph E. Palmer, on Oath, says: "Nature's Creation" is what helped me.

Charles Knapp, on Oath, says: "My night sweats stopped and my hemorrhage stopped from the first day."

Louis C. Zink, on Oath, says: "I have to thank 'Nature's Creation' that I am here to-day."

Send for Booklet containing complete statements, on Oath, from those who have used "Nature's Creation."

Nature's Creation Company of Canada, Ltd. Room 14, Cosgrave Building, Toronto, Canada.

You can't reform a man by suggesting that he ought to be as good as you are. It is easier for the modern girl to knit her brows than darn her hose.

FROM THE COUNTRYSIDE

Frontenac

CANONTO. March 24.—Mrs. R. H. Love of Flower Station died very suddenly last Sunday. She was visiting her son William at Canonto. She had reached the age of three score and ten. Pte. T. Miles and M. Cameron of the 146th Battalion were guests in Canonto last week. Miss M. Davis of Folger, has gone to Kingston Hospital, where she will undergo an operation for appendicitis. Edward Payea has joined the khaki with the 146th. The heavy storms for the past three weeks lowered the school attendance.

DONALDSON. March 22.—The roads are getting good again after the recent snow storm. Daniel Hannab, Jr., has returned home from Schumacher. A little baby girl has come to stay at the home of Mr. and Mrs. William Sproule. Pte. Alfred Hannah of the 146th Battalion, Plevna, visited his home here this week. Frank Bartrow had the misfortune to lose his horse recently. William Madell spent Sunday at N. Morrow's. Robert J. Sargeant and his sister, Miss Evelyn, spent Sunday the guests of their uncle and aunt, Mr. and Mrs. H. Thomson, Elphinstown.

CLARENDON. March 20.—Miss Maggie Campbell has returned from visiting friends in Perth. Miss Hamilton attended the funeral of her cousin, Miss Annie Butfel in Trenton Saturday, 18th. M. Moss made a business trip to Glibery this week. John Glenn, who was on the sick list, has recovered. W. J. Clement and J. H. Young are unloading carloads of hay here this week. William Barr is visiting his sons in Renfrew. Rev. Mr. Taylor, Sharbot Lake, held service here on Tuesday night. James Campbell spent a few days with Kingston friends. I. Kirkham made a business trip to Sharbot Lake on Monday.

ECHO LAKE. March 20.—The meeting held by Mrs. Gowdy on Sunday was largely attended. Elmer McCullough of this place has enlisted with the 146th Battalion for overseas service. Daniel McLeod made a business trip to Kingston on Tuesday last. Mrs. S. Vandewater of this place is spending a few weeks with friends at York. Hay is quite scarce in this neighborhood, as some of the farmers have to buy. Visitors: Markus Switzer at W. Storms'; Mr. and Mrs. Thomas Cox at J. Cronk's; Miss Hattie Salsbury at C. Cox's; Mr. and Mrs. Dave Rutlan at H. Hick's; Mr. Vandewater, Orpha Wagar and also the Leslie boys at D. McCloud's; Mrs. C. Cox at A. Wagar's; Mr. and Mrs. Gowdy at L. Switzer's.

DENBIGH. March 21.—Stuart Ferguson of Perth was during the week-end and Sunday again a guest at the Denbigh House. L. Gendron, Principal of Yarnachar school, also favored a few friends here with a call on Saturday last. Miss Clara Fritsch, graduated nurse, who has enjoyed an extended vacation here with her parents, left yesterday for New York city to resume her duties. Rev. Mr. Sampson of Plevna, who has enlisted for overseas service, conducted his farewell service in the Methodist church last Sunday evening. Lenten services are being held in the Lutheran church every Wednesday forenoon. Some farmers are getting ready for sugar making, though the snow is yet very deep in the woods.

ARDEN. March 22.—The box social held in the village hall on Thursday evening was a great success. The 146th band from Kingston rendered many fine selections. A wee son has come to stay at James Alexander's. Miss Blanche Scott and Pte. M. Woodcock were quietly married at Mountain Grove last week. M. Williams, J. Parks, C. Clarke, H. Steele, Mrs. and Mrs. N. Gendron and family, A. Steele, and C. Williams left on Friday for Saskatoon. Four new recruits have been secured here for the 146th. W. Steele is convalescent from a severe attack of pneumonia. Sergt. Brown has gone to Kingston. The "Tommy's Friend Club" met at Mrs. Morgan's on Tuesday evening. Mrs. George Dettler, sr., had the misfortune to fall and break her hip. A number from here attended the box social at Mountain Vale last evening.

SYDENHAM. March 23.—The weather still continues very cold, and the roads are not in very good condition on account of the deep snow. Mr. Lawson still continues very low, with no hope for recovery. On Wednesday Dr. Toivall visited the High School and vaccinated the pupils who were not already operated upon two weeks ago. There are still a few cases of measles. Many are ill of gripple. Sergt. Peters, Lieut. Dorne, O. Clow and Corp. Gooderham are attending the military school, Kingston. Several from here attended the military concert by Harrowsmith last evening. It was under the auspices of the Presbyterian Church. On Friday evening Mrs. J. MacMillan entertained a number of her friends. Some of those ill of gripple are: Dr. and Mrs. Sargent, Miss E. Doney, Mrs. S. Snider. A baby girl has come to stay at T. Fitzpatrick's. Miss P. Martin has returned home after teaching at Snow Road since January. Mrs. W. Spafford has been visiting her mother, Mrs. Dowley, Miss M. Freeman, Spaffordton, on Sunday with Mr. and Mrs. R. Sills.

INVERARY. March 21.—The Women's Institute met at the home of Mrs. Ira Darling to-day. Mrs. Barlow is in the city for a short time with her sister, Frank, youngest son of William Lindsay, is recovering from a severe attack of pneumonia. The

many friends of Mrs. Joseph Duff are pleased to hear that she is gaining strength. She has been confined in Kingston General Hospital for a couple of weeks. Mr. and Mrs. Myla W. Lake were at home to a few of their friends one evening last week. Miss Jennie Farmer of Kingston is spending a few weeks at William Lindsay's. Robert Shepherd has returned to his home in the west. He took with him a cartload of horses and household effects. Mrs. Edward King is quite ill with appendicitis. W. Cheney of Elgin passed through here buying horses for the war. He succeeded in obtaining quite a number. Andrew Fadden has disposed of his fancy team of arding horses to Alfred Garret. Mr. McPadden purchased another team from John Cleary, Wolfe Island. Stanley Gibs and Mr. McKendry of Kingston, spent Sunday among friends here. Hercules Lake of Wilbur purposes moving into "Jack" Smith's home. He is engaged with Thomas Arthur for the summer. John Gowan will work for Thomas Thompson this coming summer. "Jack" Steeth is moving into his new home. Miss Beattie Freeman, Sydenham High School, spent the week-end at her home here.

KEESLERVILLE. March 23.—E. Andrews, cheese manufacturer, married recently to Miss Johnson, Soperton, has taken up residence here. A year ago Mr. Andrews purchased the cheese factory and the residence of R. J. Stanley and since has proved himself to be a good cheese maker and well liked by his many patrons. The bad roads has made it difficult for the mail carrier to make his trips, but so far has not missed a mail. Many from here attended the recruiting meeting at Battersea Friday night last. Considerable hauling of wood and logs to Battersea is going on now. The sawing machine is working here. Robert Dixon and George A. McFarland are drawing tiles from Seely's Bay. Irvine Caird is drawing feed from Leland. Thomas Clark and family of Cedar Lake visited Charles Clark's recently. Miss Mabel Anglin, Pine Grove, school teacher at Battersea and Misses Nellie and Lizzie Anglin of Battersea, were at J. E. Anglin's Sunday. Miss J. M. Crozier, teacher, spent the week-end with Miss Allie Jamieson at Battersea. Mr. and Mrs. Hugh Bcal, Cedar Lake, spent Sunday at James Boal's.

HICKNELL'S CORNER. March 22.—George Scott has been drawing sand from Newburgh. Earl Salisbury sold some straw to Archibald Alkenbrack, Camden East. Wesley Simmons returned home last week after visiting his parents in Enticaste. Robert Blakely sold a horse one day last week. A sad gloom was cast over the vicinity on March 19th when one of the most respected residents, William Pringle passed away. Deceased was a great sufferer for the past six months. His funeral was held on Tuesday, and the remains were placed in Wilton vault.

SWITZERVILLE. March 23.—There was no church service here Sunday morning, but Sunday school was held at the usual hour. The Red Cross Society packed a bale of goods on Wednesday for shipment to Toronto. Miss Jessie Empey has returned from Hamilton. Wesley Dawson and family of Napanee, moved into this neighborhood last week. Lieut. D. J. Day, Kingston, spent the past week at J. M. Spafford's. Mrs. O. Hoffman, Moscow, spent a week at her father's, M. Vandustine's. W. Dawson spent Sunday at E. B. Switzer's. C. W. Neville spent Tuesday in Kingston.

VENNACHAR. March 21.—Recruiting officer R. Bebee and Pte. J. L. Ball canvassed here during the week-end for recruits. They returned to Plevna with one recruit in the person of Philip Villmer. J. Cowan made another business trip to Lavant last week, and returned on Friday. Hugh Kelley, Matawatches, purchased all Mrs. Cowan's sheep and all save three head of cattle, and moved the same to Matawatches on Monday. Mr. Cowan and family intend to move to western Canada about the first week in April. A Lockwood, Denbigh, made a business trip through here to Plevna last week, returned Friday, and registered at the "busy corner."

Misses Mary and Violet Flake, who have been in Kingston for some time past, returned to their home here last week. W. Gilmour, who has spent the winter with relatives in

Ardoek, returned to his home here on Thursday. Several loads of fodder passed through here last week from Glenfield. Charles Ball made a business trip to Denbigh on Saturday. M. R. Reid, I. P. S., arrived in on the stage Tuesday, spent the day at our school, and proceeded to Glenfield school Wednesday morning, then returned Wednesday evening, and left Thursday morning to inspect Wesley school. Mr. and Mrs. M. Bebee, accompanied by W. H. Sallans, made a business trip to Napanee last week. Many of the young people assembled at the home of Pte. J. L. Ball last Saturday evening, and spent a very enjoyable time. William Gilmour made a business trip to "Ruby Mine" on Monday. Mrs. John Gilmour arrived home from McCordy's Mills Wednesday. Hugo Brown, Wansley, spent Sunday at James Grant's. L. Gendron and W. Gilmour were week-end visitors at Simon Ball's, Denbigh. Caleb Brown, Wesley, at Wellington Holmes' on Sunday. Charles Ball at Simon Ball's, Denbigh, on Saturday. Herbert and William Gilmour spent Sunday at Wellington Holmes'. Miss Gladys Bebee, Bebeville, visited the juveniles of S. S. No. 2 on Wednesday of last week. Frank Grant spent the week-end under his parental roof here. Pte. Roy Bebee spent Friday evening at John Gilmour's. Pte. J. L. Ball spent Thursday evening at George Hughes'. Everton Flake spent Monday evening at John Gilmour's. Mrs. Zara Snider at Felix Rodburg's on Monday.

has come to stay at the home of Mr. and Mrs. T. Deir. Mrs. B. Gavin, who was taken to Hotel Dieu, Kingston, died on Saturday, leaving seven children, husband, mother, and seven brothers to mourn her loss. Miss Joy Foley has been nursing at T. J. Dier's. Miss Ellen O'Connor has returned to her home at Long Point after spending some time with her sister here. M. Timlin and Miss Mae, Jones Falls, at William McDonald's; Mr. and Mrs. John McDonald at Charles O'Connor, Long Point. Mr. and Mrs. C. McDonald and Miss Vera at P. M. Lappin's, Melecombe. DRIFT.

March 22.—The box social given by the Women's Institute was a great success, the proceeds amounting to \$95, for Red Cross purposes. Mrs. M. French has returned from Ottawa, where she was attending the millinery openings. Miss Gwendoline Green has been visiting Miss Mary Bolton. Private McAlpine, C. Sodeberg and J. Young left here to-day. Mrs. L. N. Phelps has returned from visiting friends at Morton. Born to Mr. and Mrs. Frank Preston, on the 24th, a daughter. Mrs. Margaret Hazelton celebrated her eighty-third birthday on the 17th. A number from here attended the hockey match

in Brockville on Tuesday evening last. The infant child of Mr. Carl is seriously ill. The service in the Methodist Church on Sunday evening last was conducted by the Women's Missionary Society. A recruiting meeting is to be held in the Village hall on Friday evening.

LONG POINT. March 18.—School was closed a few days this week owing to the illness of Miss Singleton. Miss Madeline O'Connor returned on Tuesday from Delta where she was the guest of Miss Darley Flood the past week. Miss Hazel Townsend, who was ill with gripple, is better. Miss Ellen O'Connor is visiting Mrs. John McDonald at Sand Bay. Miss Lonna Bryan spent the week-end at her home here. Ira Bevens is seriously ill. Miss Lucy Bevens is spending a few weeks at T. Deir's, Sand Bay. Mr. and Mrs. George K. Wright visited friends at Elgin on Thursday and Friday. Mrs. Harold Tye visited at her father's, George Slack's,

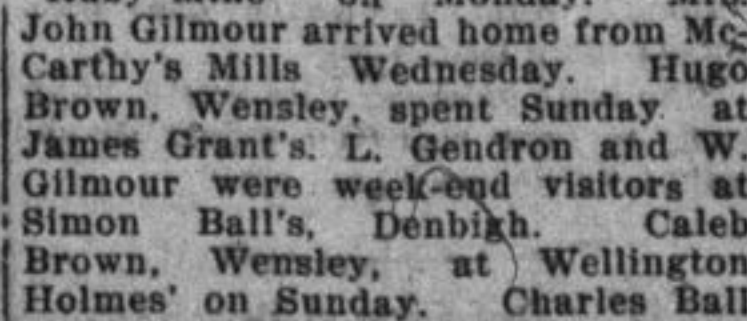
Sand Bay, on Saturday. Many from here went to Ganaoqua with lumber this week. Recent visitors: Mrs. Dobbs, Rev. Mr. and Mrs. Hillard Smith, Lyndhurst, at George Wright; Ernest and Miss Alma Dawson, Short Point at Philip Kelsey's; Miss Brooks, Athens, at James Kelsey's; Mrs. R. Andrew of Marble Rock at James Beven's.

Catarrh Cannot Be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in such short conditions. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O. All Druggists. See Hall's Family Pills for constipation.

Leeds SAND BAY. March 21.—The roads are in a very bad condition. A baby boy

Dr. Chase's Nerve Food

As age advances the blood gets thin, the nerves exhaust, and vitality runs low. By building up the nerve force of body and mind Dr. Chase's Nerve Food is a bounded blessing to people of advanced years. 50 cents a box, all druggists.



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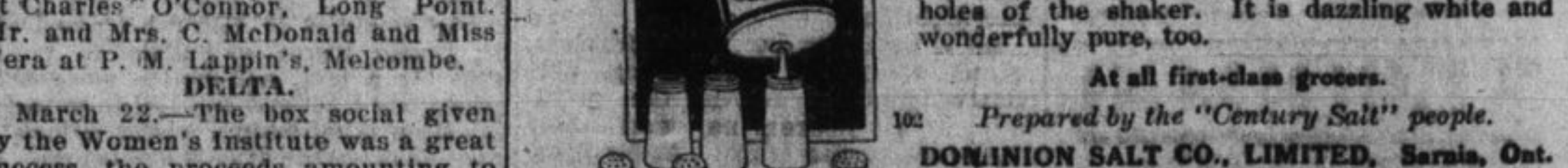
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Overland —top class —bottom price This car is the result of a definite purpose to supply a definite need with definite finality. It is built for the man whose purse cannot afford a big, expensive car— For the man whose pride cannot afford an unsightly, little, uncomfortable car— And it is a very definite success. Beauty is not necessarily a matter of size. Neither does size altogether control comfort. But skill, experience and facilities are required to build a small, beautiful, comfortable, economical car. In a word, it required Overland organization. And here is the small, light car—complete to the last detail. Its performance is on a par with its beauty, comfort and completeness. And its price—\$850—is far below any former price for any completely equipped automobile—regardless of appearance or comfort considerations. A glance at the car impresses you immediately with its beauty and finish. As you look it over and read its specifications, you realize its absolute completeness. But you must ride in it to appreciate its comfort. You must drive it to get the thrill its performance will give you. You can own one of these cars. But act promptly—for no car was ever in such demand. In spite of record productions and advancing prices, there is a shortage of cars. The demand naturally centers on top class at bottom price—this small light car. And no other car at anywhere near its price can compare with this one for beauty, performance, comfort, completeness and economy. Get in touch with us today—now. OVERLAND SALES ROOMS, ARTHUR W. H. CALLAGHAN, Distributor, 22-24 Market Street, Willys-Overland, Limited Head Office and Works, West Toronto, Ont. \$850 Roadster \$825 Model 73—f.o.b. Toronto

SIFTO FREE SALT RUNNING SALT

You can fill the shakers direct from the opening in the handsome, dust-proof Sifto Salt carton. Once you try it you'll agree that "Sifto" Salt is the most satisfactory of all salts for table use. It remains "free running," no matter how damp the weather. Never hardens and never clogs the holes of the shaker. It is dazzling white and wonderfully pure, too. At all first-class grocers. Prepared by the "Century Salt" people. DOMINION SALT CO., LIMITED, Sarnia, Ont.



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