

WON'T SHRINK WOOLLENS

PURE essence of fine soap in flakes—and most economical of all washing preparations—

LUX

dissolves readily in hot water, forming a smooth, cream-like lather that cannot injure the finest fabrics or the delicate hands. LUX preserves the original softness and fineness of all woolen garments. Try LUX.

At all grocers 10c.

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IS YOUR HEALTH WORTH \$5.00?

Woman Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Yema, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."

—Mrs. James Moran, 942 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache or bearing-down pains, need the tonic-strengthening properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If you want special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

If time were money, the average man would have his watch geared to run forty-eight hours a day. No matter what a man has done, the world soon forgets him unless he keeps right on doing.

FROM THE COUNTRYSIDE

Frontenac

ROBERTSVILLE.
March 29.—Robert White spent the week-end at Pine shade. Daniel and Archibald Riddell are hauling logs to William Balfour's Mill. A. A. Ferguson, and son Master John made a business trip to James Craik on Saturday. Robert Moore of Perth called enroute for Robert White's. Miss Jenny White is ill.

ZEALAND.
March 28.—There passed to rest on Wednesday, Miss Mary Jane Charlton, second daughter of John Charlton. Deceased had been in poor health for a number of years. She was forty-seven years of age. Surviving are her father, two brothers and three sisters: John near Maberly; Mrs. Stuart Armstrong, Wolfe Island; Robert, Ida May and Nettie at home. The funeral service conducted at the family residence by Rev. Mr. Taylor and the remains were conveyed to Zealand Methodist cemetery.

WESTBROOK.
March 29.—Mr. and Mrs. Herbert Smith are rejoicing over the arrival of a daughter. Miss Edith Saunders went to Deseronto to attend the funeral of her cousin, the late Mrs. R. Miller. The funeral of the infant child of Mr. and Mrs. Bruce took place at Cataract Monday afternoon. The monthly meeting of the Ladies' Institute was held at the home of Mrs. W. L. Grason on Thursday afternoon. Mr. and Mrs. Ernest Sproule are visiting friends in Toronto. Miss Ruby Rundell of Bloomfield after spending the past week with her aunt, Mrs. P. M. Grass, returned home on Monday. The many friends of G. Gates are pleased to learn he is recovering from his recent illness. William Champ, 181st Battalion, Hamilton, is visiting at J. L. F. Sproule's. Overton Smith called on his friends on Woodbine road on Wednesday before his departure for Dakota.

PLEASANT VALLEY.
March 28.—A number of the ladies attended a quilting at Mrs. A. Thompson's, Hartington. A wee daughter has arrived to brighten the home of Charles Sigsworth. Miss Hazel Allen, Aylmer, is visiting friends here. J. Bathgate leaves soon to attend school at Newburgh. Miss Violet Sigsworth was a Sunday guest of Miss Margaret Ashby. Miss Lizzie Watson spent Sunday at Miss Barr's. Mrs. Isabel Wallace has returned to her home after visiting friends here. The many friends of George Watson are sorry he is seriously ill. Two more of Pleasant Valley's young men have donned the khaki, namely, William Watson and Archibald Wattam. Miss Lillian Ellerbeck has been visiting friends in Yarker. Mrs. J. McMahon is visiting at A. Manson's. Pte. John Garrison, wife and daughter, were Sunday guests at Archibald Gowdy's. Mr. and Mrs. Melville Bradford are at Harry Watson's. Born to Mr. and Mrs. Elmer Hughes, on March 27th, a daughter, Pte. Arthur Ashley was a Sunday called in this vicinity. A number of those who subscribed to the Tobacco Fund have received cards from the boys in the trenches.

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We handle all the best goods and at the very lowest prices. Call in and see our Gasoline Savers—it will pay you to have one.

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Little Miss MAIDEN CANADA

Economy Begins at Home

Now-a-days Governments, Chancellors, bankers and business men talk economy. However, it is one thing to talk economy and another to put it into practice.

The Canadian Housewife

holds the key to the situation. Real economy may be practised by the housewife in food purchasing for the home. At very small cost she may obtain the finest cocoa that money can buy—a cocoa unexcelled as a food drink and unrivalled as a flavoring, that adds extra delight to hundreds of dainty desserts.

Write for COWAN'S Recipe Book on Desserts—mailed free.

COWAN'S COCOA
"Perfection Brand"

Sleepytime Tales

THE THIEVING MOUSE.
Once upon a time a little mouse ran home to tell his mother about the nice egg he had eaten. He had gone into the hen house and when one of the hens had gone out to get her supper, he had slipped in, cracked the shell and eaten the egg. He told his mother he was going back the next day to get another feast.
The next day, bright and early, he smoothed his soft fur and started to get his egg for breakfast. Now Mrs. Hen had missed the egg and she was pretty sure it was a little mouse that had stolen it, for she had seen him running out of the hen house the day before and she made up her mind to teach him a lesson if he ever tried to steal her eggs again.
So she sat on her nest the next morning with only one eye shut and the other watching for the thieving mouse. Pretty soon Mousie peeped in and saw the hen, as he thought, fast asleep, he slipped into the nest and was just about to break the shell of an egg when Mrs. Hen woke up, and with a sharp peck with her beak she sent poor Mousie squealing with pain out of the house.
The next day, however, he remembered how nice the eggs were and decided to try again but to be sure the hen was not about when he tried it. When he went back he saw the nest was empty except for three shiny eggs, so he hopped up and into the nest. He was just about to break the shell of the largest egg when, with a flap and a loud cackle, down on top of him, flounced Mrs. Hen.
Mousie couldn't get out and was wondering if he would ever see his hole and his mother again when the hen said: "I'll let you go this time if you will promise never to come here again and never steal any more eggs." The poor mouse promised, for what else could he do, but he got such a scare that I think he was cured of ever trying to steal from the hens ever again.

"Low Cost of Living" Menu

Menu for Saturday

BREAKFAST
Grapefruit
Waffles
Eggs
Potato Chips

LUNCHEON
Tomato Toast
Toasted Cheese Crackers
Sauce
Pickles
Cucumbers

DINNER
Lamb Chops
Beef
Creamed Potatoes
Peach Cottage Pudding

BREAKFAST.
Waffles—Mix four cups of flour, a teaspoon of sugar, two of baking powder, a tablespoon of butter, two eggs, and milk to make a thin batter. Fry on hot waffle irons and serve with powdered sugar to which has been added a teaspoon of cinnamon.

LUNCHEON.
Tomato Toast—Boil three minutes a cup and a half of tomatoes with a

DINNER.
Orange Salad—Cut oranges in thin slices and serve on lettuce with the following dressing: Boil one cup of water and half a cup of sugar five minutes. Just before taking from the fire squeeze in the juice of one lemon. Chill and pour over the salad.

Peach Cottage Pudding—Mix two cups of flour, one cup of milk, half a cup of sugar, three tablespoons of butter, a teaspoon and a half of baking powder, two cups of cooked peaches cut in small pieces, and a little salt. Bake and serve with a sauce made by boiling a cup of peach juice in half a cup of sugar for fifteen minutes.

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Leeds

PLUM HOLLOW.
March 29.—Mrs. Wright is confined to her home with pneumonia. On Wednesday morning at the Baptist Church funeral of the late Pery La Point, son of Mr. and Mrs. Nelson LaPoint, was held. The little fellow died of pneumonia, aged two and one half years. E. C. Barker, Nyack, N. Y., is spending a few days holidays here the guest of his brother, C. Barker and sister Miss McMachan died on Sunday morning last from heart failure. The funeral was held on Tuesday at his late residence. He is survived by his widow and one daughter, Mrs. Edw. Bert. Mrs. William Hause is the guest of Mrs. Edward Dowden. Mr. Percy Clifford is confined to her home with asthma. Mr. and Mrs. J. R. Willse spent the week-end at Lyndhurst. Ross Kilborn is home from Brockville for the sugar season.

MORTON.
March 27.—E. Jones made a business trip to Deseronto last week. A number from here attended the hockey match at Brockville between Seely's Bay and Westport on Tuesday evening last. Mrs. J. Willis has returned home after spending a couple of days last week the guest of her cousin, Mrs. G. Deau, Jones Falls. George Rountrie has opened his cheese factory for the coming season. E. Rountrie has purchased a house from J. Johnston Bellamy's. George Neddow has moved from cottage corner to a residence on Main street. Miss Nellie Foley, Gananoque, spent a couple of days last week calling on friends in the village. Miss Florence Blackman, Seely's Bay, spent a few days last week with her aunt, Mrs. J. Stewart. Miss Aluvia Sly, Jones Falls, spent a couple of days last week the guest of her cousin, Estella Sly.

PINE SHADE
March 28.—The fine spring weather points to sugar-making being in full swing soon. Chipmunks and woodchucks are out. Mrs. Thomas Garrett made a styling trip to her home at Silver Hill on Saturday. Mrs. Robert White, spending a few days with her mother, Mrs. Donald Ferguson, has returned to her home near Robertsville. Miss Idella Munroe spending the winter in Lanark, has arrived home quite ill. J. Munroe, her father, is at present on the farm he recently purchased in Boyd settlement. The roads are in poor condition for travelling. William Sargeant, a respected resident, was taken suddenly ill and conveyed to Kingston hospital where he underwent a successful operation, considering his eighty-five years. All regret the departure of Dr. A. B. Earl for Napanee. Miss Winnifred Smith is spending a few days with friends at Scott's Corners. Owing to sickness the attendance at school No. 2 has been small. All are glad to hear that William Rutherford has recovered.

ELGIN.
March 28.—Born to Mr. and Mrs. S. J. Smith a daughter on the 26th inst. Born to Mr. and Mrs. J. H. Grey a daughter. David Flood has moved to Portland. Ross Seggett will occupy the Flood farm. Omer Brown, Delta, has purchased J. E. Sullivan's mercantile stock. Mr. and Miss Manhard, Brockville, were guests of relatives. Rev. Mr. McFarlane was called to Pakenham by the death of his aunt. Mr. and Mrs. H. S. Knapp spent Sunday at Toronto. Miss Hazel Coon, student at Smith's Falls School, is ill of pleurisy. William Berry, Seely's Bay, was in the village Saturday. Mrs. Brown, Easton's Corners, was the guest of relatives. Mrs. Kelsey has returned from Portland. Mr. and Mrs. H. Dwyer spent a few days at Lansdowne. Dr. Hamilton, Westport, was a recent guest in the village. Miss Kilborn, Plum Hollow, was the guest of her aunt, Mrs. (Rev.) McFarlane has returned from

Home-seekers' Fares \$41.25

TO REGINA AND RETURN

FROM KINGSTON

EVERY MONDAY TILL OCTOBER.

Proportionate Fares from and to other points.

ELECTRIC LIGHTED TOURIST CARS.

For our booklet, "Home-seeker's and Settler's Guide," tickets, and information, apply to R. H. Ward, Station Agent, or M. C. Dunn, City Agent.

CANADIAN NORTHERN

GRAND TRUNK RAILWAY SYSTEM

Local Branch Time Table

IN EFFECT MAY 30TH, 1915.

Trains will leave and arrive at City Depot, foot of Johnson street.

Going West	Lv. City	Ar. City
No. 19—Mail	12:30 p.m.	12:57 p.m.
No. 18—Fast	1:55 a.m.	2:35 a.m.
No. 27—Local to Tor.	8:30 a.m.	9:54 a.m.
No. 2—Int'l. Ltd.	1:41 p.m.	2:15 p.m.
No. 1—Mail	3:04 p.m.	3:40 p.m.
No. 21—Local to Belleville	5:55 p.m.	7:37 p.m.
Going East	Lv. City	Ar. City
No. 18—Mail	1:40 a.m.	2:17 a.m.
No. 22—Local to Brockville	4:15 a.m.	5:00 a.m.
No. 4—Mail	12:35 p.m.	1:25 p.m.
No. 14—Int'l. Ltd.	1:08 p.m.	1:58 p.m.
No. 20—Local to Brockville	5:55 p.m.	7:37 p.m.

Nos. 1, 6, 7, 13, 14, 15, 18, 19 run daily, other trains daily except Sunday. Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For full particulars apply J. P. HANLEY, Railroad and Steamship Agent, corner Johnson and Ontario streets.

Fresh and Refreshing "SALADA"

is composed of clean, whole young leaves. Picked right, blended right and packed right. It brings the fragrance of an Eastern garden to your table.

BLACK, MIXED OR GREEN

REGAL Table Salt

Always dry and never cakes

D & A CORSETS

Style and Economy—
Good reasons why you should buy the D & A or La Diva Corsets

These "Made-in-Canada" Corsets have all the style and workmanship formerly found only in very expensive imported corsets, yet their price is most moderate and is made possible only by a splendid equipment and large sales. There is a size and style to suit you. Sold by most corset stores.

Dominion Corset Co., Manufacturers
Quebec, Montreal and Toronto

Style 540

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

One Piece Frock In Men's Wear Serge.

Men's wear serge is used for this design, although one cannot conceive of any limitations for it as far as materials are concerned. The belt is of contrasting material and the revers and collar are trimmed with narrow notched braid. In medium size the dress requires 4 1/2 yards 54-inch material. The underfacing of the front edge of the waist is the initial step in the construction of the dress. Next, close shoulder seam as notched and form tuck, creasing on slot perforations in front and back. Place single "T" on double "oo" perforations at lower edge of skirt and tuck. Close under-arm seam as notched.

Now adjust the vest underneath the front, bringing single large "P" and double small "oo" perforations in vest

and in front together; stitch the right side edge and finish the left side edge for closing.

Face the collar and sew to neck edge, after stitching on the braid.

Next, notch the sleeve. Close seam as notched, leaving extensions free; turn under extensions on slot perforations. Sew sleeve in armhole as notched.

For the skirt, turn under edges of front and back gores on slot perforations, lap on side gore to small "oo" perforations, notches even; stitch as illustrated, leaving edges to left of center-front free above single large "oo" perforation in front gore for pocket. Adjust skirt to position.

Adjust the belt to position. Embroidered medallions may be added to the revers most effectively.

Pictorial Review Costume No. 6431 and 50 inches bust. Price, 15 cents.

Above Patterns can be obtained from NEWMAN & SHAW, Princess Street