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An Easy Way to Increase Weight

Good Advice for Thin Folks... There is a preparation known to reliable druggists almost everywhere which seems to combine the missing elements needed by the digestive organs to help them convert food into rich, fat-laden blood.

For Breakfast New Buckwheat Flour Table Syrup Coffee

We have the best brands. D. COUPER, Phone 76, 341-3 Princess St. Seal Shipt Oysters.

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review



Blouse of Satin and Chiffon.

Next, gather the shoulder edge of the front of the chiffon overblouse, then gather the lower edge. Arrange trimming piece, or brette tab, on the right blouse front, notches even.

FROM THE COUNTRYSIDE

Frontenac

GLENDOWER. April 25.—Daniel Colter passed away last Friday morning. He had been ill all winter. Deceased leaves a wife and family, one brother, James Colter, and two sisters, Mrs. Thomas Fitzgerald and Mrs. Michael Kelley.

BREWSTER'S MILLS.

April 25.—On Sunday afternoon Mrs. James Milne received the sad news of the death of her youngest son, Charles, in Cleveland, Ohio. Deceased had been ailing for the past few weeks.

GLENSIDE.

April 24.—Rev. Mr. Coddling gave an interesting Easter sermon on Sunday and the choir sang appropriate music. John Orser, Victor Swaine and Cecil Bell, who have enlisted with the 146th, spent Easter at their homes here.

BELL ROCK.

April 25.—The slow Canadian spring has made its appearance at last. The weather is fine here this week. Cheese-making will be started in the factory here May 1st.

KEPLER.

April 25.—The quarterly meeting of the Methodist Church will be held next Sunday morning. All were much pleased with the Easter service. Sunday school is to commence the first Sunday in May with Herbert E. Johnston as superintendent.

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Sleepytime Tales

HOW JANE HEARD THE CIRCUS.

Once upon a time Jane went to walk with her father. Jane loved to go with him because she could see all the stores and the show windows filled with so many pretty things.

three of your best seats please," she was so excited she could hardly wait for the day to come, and danced about with much glee.

The next day poor Jane crept into her mother's lap and moaned: "My throat is so sore, and when her father came home he thought it best to have the doctor come. When the doctor looked at Jane he said: "I am afraid you will have to stay in the house for a day or so."

"Oh, can't I go to the circus?" sobbed Jane, but the stern doctor told her no, as she would be apt to get worse if she did.

Jane was heart broken and when her father was on his way home that night he met a friend and told him how badly Jane felt because she could not go to the circus.

"That is too bad," said the man, "but why don't you fix it so she can listen over the telephone and hear the music and the applause, anyway."

"Low Cost of Living" Menu

Menu for Friday

BREAKFAST: Creamed Cod, Toast, Coffee. LUNCHEON: Salted Ham, Toasted Crackers, Cherry Sauce, Cocoa. DINNER: Tapioca Soup, Baked Potatoes, Creamed Peas, Cabbage Salad, Irish Moss Blanc Manger.

BREAKFAST

Creamed Cod—Soak half an hour two cups of fish, drain, add two cups of milk and boil one minute. Stir in a tablespoon of dissolved flour and the same of butter. Boil one minute and serve.

LUNCHEON

Salmon Salad—Drain a can of salmon which organization deceased was a member, attended in a body. The body was suddenly to another resident of this vicinity on Sunday evening when Mrs. Matthew Dunham passed away at the home of her son, Lincoln Dunham, Hard Island. She was seized with a stroke Sunday morning. Funeral services are to be conducted at the house at one p. m. to-day.

Lennox & Addington

BETHEL.

April 24.—No work has been done on the land as yet, but it will only be a day or so until there will be if there is no more rain. Sugar making is now a thing of the past, after a fairly good season. Miss Crowie is spending the Easter holidays at her home near Robin, Denwood. Dennison is spending a week with his father at South Napanee. Visitors: Mrs. James Gibson and children, Toronto.

DELTA.

April 25.—Mrs. (Rev.) McAlpine is spending a few days in Kingston. Miss Sara Pierce of Newcastle is spending the Easter holidays at home, also Vera Calvert of Belleville Ladies' College. Miss A. E. Johnson is still confined to the house through illness. The Women's Missionary Society held its thank-offering meeting on Good Friday at the home of Mrs. E. A. Pierce. A good programme was given and refreshments were served at the close. W. Roberts has moved into the Wood's property. Mrs. W. A. Russell is visiting friends in Brockville. Miss Fahy has been unable to teach the last two weeks owing to illness. Sgt. Lafèche is spending a few days at home. Miss Quella Stevens of Queen's is spending Sunday at home. Miss Grace Mackie of Smith's Falls is visiting Mrs. W. Stafford. Electric Lights are being installed in the Methodist Church. Miss Vera Birch is spending a few days in Toronto.

WILSON.

April 21.—Mrs. William Strong who spent the winter with her son, Thomas and Charles Strong here, has gone to Kingston to visit her daughter, Mrs. T. G. Nicholson. Farmers are preparing for seeding. The shareholders of Star Cheese Factory met on April 19th to arrange matters for the season. All are expecting a favorable year. The cows all came through the winter in good condition. The shareholders consist of James Wilson, Charles Strong, William Hunter, Alexander McLeod, S. Parks, Thomas Strong, George Brisco, W. J. Thompson, R. C. Johnson, Bryan Brisco and James Avery. James Wilson was elected president, W. J. Thompson sales manager, E. Wilson cheesemaker. Mr. Thompson is to secure a secretary and treasurer. There are a large number of patrons. Mrs. S. Parks, who is very ill is holding her own wonderfully, considering the seriousness of her condition. Farmers have put up a nice quantity of maple syrup and sugar for home use. The season was very short. T. McNaught, Presbyterian Missionary, Montreal, will soon arrive to take charge of the mission field here. Archibald McPherson and John McDonald, have the contract of driving logs out of Cotten Creek for the Dempsey Co. Miss Lydia Babcock will arrive home from Lanark. James Avery of Griffith and Matawatschan wolves have put in an early appearance and have killed some valuable sheep.

LANARK.

April 24.—Mrs. P. Barr, Poland, returned home Monday from Kingston where she has been for the past few weeks with her husband, who underwent an operation in the Hotel Dieu. Misses Clara and Elsie Lee returned home last Friday after two weeks' visit with friends in Montreal and Winchester. Mrs. H. Thompson left for her home in Englehart after spending the week-end with Mr. and Mrs. W. Thomas, "Hillview Farm." Miss Minnie Jacob, Ottawa, spent Easter holidays with her parents, Mr. and Mrs. S. B. Jacob. Mr. Powell, Queen's University has taken charge of the Mission field here for the summer months. Mr. and Mrs. G. Sproule spent a few days in Kingston last week. Norval S. Lee visited friends in Lanark last week-end.

ODESSA.

April 25.—The Oddfellows Lodge attended divine service in the Methodist Church on Sunday last. Mrs. R. G. Matthews has returned to her home in Rochester, N.Y., after spending

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CRISCO For Frying - For Shortening - For Cake Making

First of all, pie properly made with Crisco looks tempting. The crust has a rich, flaky appearance that puts a new edge on the appetite no matter what dainties have gone before. Then, it is so tender that it breaks at a touch of the fork. Even the under crust which becomes tough so easily, cuts as readily as the upper crust. Finally, it tastes rich, yet delicate; fresh, palatable, delicious in every sense.

PLAIN PASTRY 1 1/2 cupfuls flour 1 teaspoonful salt 1 cupful Crisco 1 cupful cold water. Sift flour and salt twice and cut Crisco into flour with knife until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with knife through dry ingredients. Form lightly and quickly with hand into dough; roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling-pin, and roll from center outward. Sufficient for one pie.

Dr. J. Collis Browne's Chlorodyne

THE ORIGINAL AND ONLY GENUINE. The Most Valuable Medicine ever discovered. The best known Remedy for COUGHS, COLDS, ASTHMA, BRONCHITIS. Acts like a charm in DIARRHOEA, DYSENTERY & CHOLERA. Effectually cuts short all attacks of SPASMS. Checks and arrests those too often fatal diseases—FEVER, CROUP and AGUE. The only palliative in NEURALGIA, GOUT, RHEUMATISM. Chlorodyne is a liquid taken in drops, evaluated according to the malady. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; causes no bad effects; and can be taken when no other medicine can be tolerated. INSIST ON HAVING Dr. COLLIS BROWNE'S CHLORODYNE. The immense success of this remedy has given rise to many imitations. B.—Every bottle of Genuine Chlorodyne bears on the stamp the name of the inventor, Dr. J. Collis Browne. CONVINCING MEDICAL TESTIMONY WITH EACH BOTTLE. Sold by all Chemists. Prices in England 1/6, 2/6, 4/6. Sole Manufacturers: J. T. DAVENPORT, LONDON, Ltd., E.C.

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