

Your own good taste

will do more to convince you of the choice qualities of Red Rose Tea than all the claims we can make for it.

In sealed packages only. Why not try it?



RED ROSE TEA

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nervous wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

FROM THE COUNTRYSIDE

Frontenac

CROW LAKE.
April 28.—Miss M. Doran, teacher, is spending Easter at her home at Read. Peter Hanson has purchased W. B. Thurrett's farm. There is some talk of a new butcher shop in the village. O. Knapp has moved to J. W. Knapp's farm for a term of 3 years. The saw-mill owned by Reynolds and Badour is moved to Althrop. Visitors: Mr. and Mrs. J. Hannah, Smith's Falls, called on many friends here; Charlie Sittaw was called on friends in the village recently; Mrs. F. C. Knapp at W. Jones; Mr. and Mrs. K. Hanson at Lake View cottage. Many are sorry to lose such a good neighbor in the person of Mrs. W. B. Thurrett who leaves for Loyminster Monday, May 1st. Mr. and Mrs. S. Kennedy are moving to Belleville.

SANGSTER.
April 26.—Farmers are plowing and preparing for the spring's work. The funeral of the late Daniel Coulter took place at the Sacred Heart church here on Sunday last. What might have been a serious accident occurred last Sunday night, when two fellows were out driving. The horse suddenly took fright and ran into a fence, breaking the buggy but leaving the occupants slightly shaken up. The many friends of Mrs. Egan are pleased to hear she is able to be around again. Misses Katie and Tassie Murphy, Kingston, spent Easter with their parents here. Mrs. D. Magnet and daughter Helen, at William Ryan's. F. Walsh and sister Margaret, of Oates, spent Sunday at Martin Cochrane's. Mr. and Mrs. M. O'Brien, Kingston, at Nicholas Murphy's. Mr. and Mrs. T. Babcock at Thomas Young's; John Conway is renewing acquaintances here. James Fitzgerald at P. O'Connor's. M. Daley at Sydenham; Joseph Barrett is visiting at Bob's Lake; J. D. Burns at Kingston.

CEDAR VIEW.
April 27.—The occasional showers of late have made the fields look quite green. Some of the farmers have started plowing. Thomas Boies, Kingston, is visiting his sister Mrs. P. Carle. Dr. Dwyer, Perth, was called Sunday to the home of P. Corley, who was suffering from an attack of pleurisy, but he is recovering now. Mrs. George Hamby, Belleville, is the guest of her sister, Mrs. R. Hughes, "Hillside." Her husband, Lieut. Hamby, is now in England, having left Brockville with a draft of the 59th Battalion. H. Morrow was in town last week. A number from here attended the sales in Ono township last week. Donald Ferguson, Chandon, spent Easter at the home of his brother, S. Ferguson, "Forest View Farm." Wood Bros. are sawing for Thomas Rutherford

Leeds

to-day, Mr. and Mrs. Sandy Ferguson, spent Wednesday with the latter's father, John Don, at Randon. Mr. and Mrs. W. Kirkham, Brooke, at William Mass' Thursday last. J. Cameron is visiting at W. Moss'.

PARHAM.
April 26.—The roads are drying up nicely since the recent rains. Mr. Compton is doing a good business in his grist mill. T. Lowery is preparing to saw logs. Large quantities of pulp wood are shipped weekly from this village. School has closed for the holidays and Mr. Davidson, teacher, and wife are visiting friends in Verona and other points. The party at W. Simmonette's was much enjoyed. F. Barr returned to Renfrew on Monday after visiting his parents, Mr. and Mrs. S. Barr. Mrs. E. Fraser and daughter are spending some time with Mrs. M. Goodfellow. Mrs. Wyden and family are home from Sydenham for a short time. Mr. and Mrs. J. A. Goodfellow were at W. D. Black's on Sunday last. Corporal W. Oliver (Howe) a family of Sydenham, along with J. C. Hartman and infant son Ray, spent Easter with their parents, Mr. and Mrs. W. E. Clow. Miss Maud Griffith, returned home on Monday after spending some time at Godfrey. E. Barr will make cheese at Reynolds this season. The cheese factory here opens May 1st. Miss Maybel Killins is home from Queen's College, Kingston. Mrs. Lena McClain accompanied her, Alfred Charlton is with his parents, Miss Lillian Black of Toronto Normal. Mrs. G. W. Killins was in Kingston on Saturday. Mrs. Campbell, Kingston, is visiting her son here. Archibald Howes and Harry Clow are home from Sydenham high school.

MELCOMBE.

April 28.—Mrs. P. Donevan has returned from visiting her daughter, Mrs. P. Fowler, Kingston Mills. J. Lappan, Lyn, was a recent visitor. The remains of the late Mrs. B. Gavlin was interred in St. Patrick's cemetery on Thursday. Mr. Joseph Bernash and four children, DeLoraine, Man., are visiting relatives here. A sugar social was held in the Presbyterian Church here on Thursday. Carl Heaslip spent the holidays with relatives in Cheshire. Dr. Cornell, Brockville, was called here on Thursday to see Mrs. John Boiger who is seriously ill.

CHAFFEY'S LOCK.
April 25.—Mandford Kerr and Harry Fleming, Queen's University, are spending the holidays at their homes here. Mrs. J. W. Simmons and daughter, Mary, are spending the Easter holidays at Kingston. Mrs. and Mr. J. Davidson, Parham, are visiting Mrs. Kerrish for a few days. Mr. and Mrs. Wiley are returning to Toronto after spending a few days at E. Rousewell's. Miss E. Sullivan has given up her position as teacher of S. S. No. 4 and has gone to Kingston for a few weeks. Mr. Kerrish and daughter Selena are spending a few days in Kingston. Mr. and Mrs. Allan Earle, Miss Anna Patience has returned home after visiting in Kingston. Master Frederick Cook is spending this week in Lansdowne. Recent visitors: Orman Patience, Lyndhurst; at James Patience's; Mr. and Mrs. S. Horton at S. Heaslip's; Mr. and Mrs. P. McVeigh, Lansdowne, at R. William's; T. Tilton, Sutton, Miss E. Maskin, Lansdowne, at D. Haslins'.

YONGE MILLS.

April 27.—Victor Purvis is visiting friends in New York and Brockville. Pte. Stanley Gibson of Brockville spent Easter with his father, O. L. Gibson. Hubert Scott left Tuesday for Kingston where he has a good position. Mrs. P. J. Purvis and children are spending a few days with her parents, Mr. and Mrs. Raphael, Malpartown. Miss Minnie Gibson of Gananoque, is spending the Easter holiday with friends here. Mr. and Mrs. Barker and little daughter of Newburg were recent guests of Mr. and

"I've proved Doubt Beyond

that Zam-Buk's power is infinitely superior to that of any other ointment. That not only is Zam-Buk capable of curing where other remedies fail, but Zam-Buk cures are permanent.


When living in Vernon, I suffered acutely for over two years with a sore on my leg, which, despite all treatment, turned into an open ulcer. I tried all kinds of ointments, liniments, etc., but the ulcer only got worse, and finally became so bad that I decided to go into a hospital for treatment. Before doing so, however, a friend advised me to try Zam-Buk, which I did, and the first few applications gave me such relief, that I was encouraged to continue. By degrees all the soreness and inflammation were drawn out, and then healing began.

To cut a long story short, perseverance with this wonderful balm resulted in a complete cure. To me it seems nothing short of marvellous, that after suffering so intensely for so long, Zam-Buk should effect a cure in such a comparatively short time, after all other remedies had failed. It is two years now since this cure was effected, and there has not been the slightest trace of the ulcer returning.

Since I have enlisted I have further proved the power of Zam-Buk. I have just returned from the front where the men say it is invaluable—so splendid for the many injuries and ailments incidental to the soldier's life. I have personally given Zam-Buk to many of my men for various ailments and injuries and in all cases the results have been eminently satisfactory.

I shall be glad if you will publish this letter, as I think everyone should know of this wonderful healing ointment—Zam-Buk."

(Sgd.) RICHARD B. NUNN, Capt. Officers' Mess, South Midlands, D.A.C., Salisbury, Eng.



HOW ZAM-BUK CURES

The secret of Zam-Buk's healing power is in its herbal composition and its combined restorative and germicidal properties. Being so refined, Zam-Buk is capable of reaching the underlying tissues, where skin troubles have their roots, and of destroying all germs. Then the healing resources acting upon the tissues promote new growth. New tissue gradually replaces the old, until the diseased patch becomes new, healthy skin.

Zam-Buk is best for eczema, ringworm, ulcers, abscesses, blood-poisoning, bites, boils, burns, scalds, cuts and all skin injuries and diseases. All druggists and stores sell it. Zam-Buk Co., Toronto.

ZAM-BUK CURES ARE PERMANENT

FREE BOX

Send this advertisement, name of paper and its stamp and receive trial box.

Lennox & Addington

Mr. Alexander Gibson, William Elliott's house, occupied by John Hollingsworth, was burned to the ground Wednesday night. None of the contents were saved. Miss Edith Avery, Brockville, spent Good Friday at her home here. Word was received here of the death of Mrs. Timothy Watson, of Lyn, Mass. Mrs. Watson was born at Yonge Mills, her maiden name being Lavinia McLean, sister of Miss Bina and Archibald McLean of this place.

DARLINGSIDE.

April 28.—The Government steamer Granville, passed up yesterday distributing the gas buoys to the different points along the river. This is about two weeks later than a year ago. J. D. Latimer met with a painful accident on Wednesday. Mr. Latimer, who is over eighty years of age, was engaged on the road in front of his premises in putting in a galvanized iron culvert, when the team he was driving bolted. He was knocked down and trampled upon. The team ran away and into the yard of Robert Beaulah, who captured them after considerable difficulty. The team was quite badly cut up, and the harness etc. considerably damaged. Mr. Latimer was able to walk to his house where his injuries were treated by Dr. Stevens of Lansdowne. While injured internally it was found that no bones were broken. His escape from worse injuries is considered miraculous. Many are now tending their young stock away to pasture.

MOREWOOD.

April 27.—Rev. D. D. Elliott returned home on Saturday from Renfrew, where he spent a few days with his father, James, who was seriously ill in hospital. Mrs. John Bowes, Glen Tay, spent the Easter vacation with her daughter, Mrs. (Rev.) D. D. Elliott. Mrs. Ernest and Miss Nellie Longhridge spent Easter in Ottawa, the guests of Mr. and Mrs. Peter Wilson. Mrs. McEwen, Orillia, spent a day last week with her daughter, Miss McGinn, before going to New York, where they are enjoying a vacation. Mr. Clarke and Mr. Watson spent Easter in New York. Miss Addie Gardner is visiting in Cornwall. Mrs. George McGregor is spending the week with her parents, Mr. and Mrs. A. W. Reveler. Mrs. James Reveler, William and Benjamin Barrington, Russell, are at the home of Mr. and Mrs. James Smith, where they have been called owing to the serious illness of their brother, Malton. Miss Edna McGregor, Navan, accompanied by Evelyn and "Jack" McDermid, Ottawa, spent the holidays with her parents, Mr. and Mrs. D. McGregor. Miss Sadie Hunter, Mountain, Miss Ellis Smith, Dunbar, Miss Jennie and Sybil Smirle and Elder Smirle, Ottawa, spent the holidays with their parents here. Mr. and Mrs. Norman Shaver are again occupying their own home in the edge of the village while Mr. and Mrs. J. Shaver have moved into the house lately vacated by them. Miss Mabel, Lottie and Myrtle Reveler and Miss Stanley Stephenson spent Friday with friends here. J. McCormick spent Thursday at his home here. Mrs. Gitawa, was a guest with her mother, Mrs. McCormick over the week-end. Mrs. Larke, Brockville, who addressed a meeting in the interests of the W. M. S. in the Methodist Church Sunday, was during her stay in Morewood a guest at the parsonage. George Barrington spent a few days recently

BATH.

April 27.—John Simpson of Cataraqui spent Easter at Dr. Northmore's. Mrs. William Harris and family of Kingston have returned home after visiting at Mrs. George Parks. The teachers have all returned to their homes for the holidays. The roads are almost impassable owing to so much rain. The Misses Forrester, also Mr. and Mrs. Ray Allison and baby of Adolphustown, spent Easter at John Forrester's. Word has been received from most of the soldiers boys this week—Alexander McDonald and the Hawley Bros, also from Corpl. Colluppy who is in the 59th Battalion.

YARKER.

April 27.—John Main has his new store remodelled and has moved into it. Mr. and Mrs. Stanley Wood, of Kingston, were the guests of J. T. Main over Sunday last. Mr. Omer and family are moving down on Water street into E. Dupuis' house lately occupied by Wesley Salisbury, he having bought a farm about a mile and a half from here. Miss Mary Wager, Enterprise, is visiting her sister Annie Wager, Archibald Babcock of Toronto, spent a week with her parents, Mr. and Mrs. S. Babcock. Pte. Charles Sheppard of Burlington, spent Easter with his uncle, A. Holland. Everett Emberly of Montreal is visiting his parents, Mr. and Mrs. John Emberly. Quite a number from here spent Saturday in Kingston. Although the weather was not very favorable the stage had a good load. Pte. and Mrs. A. Smith, and baby, spent Easter with his parents, Mr. and Mrs. W. Smith, Mr. and Mrs. R. Wilson spent Easter in Toronto. Mr. and Mrs. R. Wilson spent Easter in Toronto with their daughter, Mrs. Clayton. Mrs. James Gordon and son, Percy, have gone to Toronto to spend the summer. Mr. Gordon having secured a promising position. Pte. Deoro has secured a position in Gananoque. Myers Warner and son William, of Kingston, spent Easter with Mrs. Warner and Robert. Pte. R. W. Wilson has gone to Belleville to join the 30th Battalion. Victor Edgar of Camden East, is with his cousin, Clinton Smith, Soldiers who spent Easter in Yarker at their respective homes were: Pte. Ross Simpkins, Sergeant Harry Babcock, Sergeant Edgar, Pte. Alton, Pte. A. Riddle, Pte. W. D. Wilson, Pte. C. Lee, Pte. A. S. Sailer, Pte. Charleston, Stella Storms of Elm Tree with her parents, Mr. and Mrs. F. Storms. Mr. Davidson is very ill at his sister's Mrs. J. Sanderson's. Miss M. Foster of Bent River with her parents, Mr. and Mrs. M. Foster, Miss Gene Stewart Arden, with her parents, Mr. and Mrs. D. Stewart. Cora Lee, Ottawa, was the guest of W. Storms recently. Mrs. Edward Joyner, who is in the Kingston Hospital, is some what better. S. Martin and family are with his parents Mr. and Mrs. A. Martin.

PRINCE ALBERT RECOVERS

And Resumes His Duties As Midshipman.

London, May 2.—Prince Albert, second son of King George, who has been undergoing a long course of treatment for a gastric disorder, has completely recovered and shortly will resume his duties as a midshipman in the navy.

Prince Albert in August 1914 was stricken with appendicitis and after an operation returning to his ship in February the following year. In November, 1915, however, it was announced that he was suffering from gastric trouble and would have to remain in London for some time to undergo special treatment.

Don't marry an old "Babe" with the expectation that she will crawl out of a cold morning and coal up the furnace.

But most of the spankings a boy gets are wasted on him before he is old enough to appreciate them.

Sleepytime Tales

THE GODGIVERS PUSSEY WILLOW DAY.

Once upon a time the Goodgivers Club pledged themselves to give five dollars to the hospital, but they did not know exactly how they were to earn it. They had given, as you know, several fairs and cake sales and they were trying to think of something new.

One day Helen was out walking with her mother. It was so warm and smelly of earth that it seemed almost like summer. "I wish we girls could go out into the woods on Saturday," remarked Helen. "I should think you would plan to go," said her mother. "While you are in the woods why not gather some pussy willows and sell them to get the money for the hospital?"

All the girls were delighted when Helen told them of her mother's suggestion and when Saturday morning came they all jumped out of bed early to see if it was warm and if the sun was shining so that their outing would be a success. Right after breakfast they started, each with a nice lunch in a box and a sharp knife with which to cut the pussy willows.

What fun they had. They gathered lush bunches of the soft pretty willows long before noon—but were so hungry they didn't wait for time to eat but opened their lunch boxes and ate the lunch at once. They spread their paper napkins on a large stump and set out their feast. Some of the girls had brought sandwiches and others cake, while Helen's mother had given her a bottle of hot chocolate in a Thermos bottle enough so all the girls could have a cup.

They left for home as soon as they had eaten for they wanted to sell the pussy willows as soon as possible. Helen's mother bought a large bunch and then they went to the big house of the rich family on the hill where they sold all they had and got an order for as many more.

Three of the girls went back for some more willows while the rest counted up the money and got it changed into a five dollar bill. They had a dollar over, too, but they gave that to the hospital as they liked to feel that they were helping the sick little children.

"Low Cost of Living" Menu

Menu for Wednesday

BREAKFAST
Old Fashioned Omelet — Beaten Eggs — Coffee

LUNCHEON
Huxton Rabbit — Turnips — Stewed Flax — Hermit's — Cocoa

DINNER
Fricassee of Carrots — Calf Feet — Baked Potatoes — Fried Bananas — Lettuce, Delmonico Dressing — Cake — Pear Sauce

BREAKFAST
Old Fashioned Omelet — Beat three eggs, add three tablespoons of milk, a teaspoon of cornstarch and a little salt. Butter a frying pan and when hot turn in enough of the mixture to well cover the bottom. When brown, fold and lay on a hot platter. Continue until all the mixture is used. Serve hot with a tablespoon of melted butter poured over.

LUNCHEON
Mexican Rabbit—Slice one onion

and fry until brown in a little butter. Pour in a can of tomatoes. Season and boil ten minutes, then add two eggs well beaten. Serve on squares of buttered toast.

HERMITS—Mix a cup and a half of sugar, a cup of shortening, two eggs, a cup of chopped raisins, a teaspoon of soda dissolved in half a cup of water, and flour enough to roll. Cut with a small cookie cutter and bake.

DINNER
Fricassee of Carrots—Fry brown in butter one cup of chopped raw carrots. Add water to cover, simmer until soft, add six cups of stock, and thicken with two beaten eggs. Serve at once.

Fried Bananas—Peel and cut in half lengthwise, fry in butter until brown on both sides. Before serving add a little lemon juice.

Delmonico Dressing—Chop fine one hard boiled egg and mix with a teaspoon each of tomato catsup and Worcestershire. Then add a tablespoon of chopped red peppers and two each of oil and tarragon vinegar.

Rids Poisons From the Blood, Clears Up the Complexion

Sallow Skin, Pimples, Pains and Aches Are Soon Gone When Dr. Chase's Kidney-Liver Pills Are Used.

The doctor feels your pulse and looks at your tongue, but at the same time he is reading your condition in your face. The sallow complexion tells him that your liver is not doing its work, the pimples tell him that the bowels are not properly purifying the blood, he realizes that the bowels are constipated and the system overloaded with poisons.

You can apply this test in your own case and may be able to add other symptoms, such as headaches, pains and aches through back and limbs, spells of biliousness and indigestion.

If you have not used Dr. Chase's Kidney-Liver Pills you will be surprised to find how quickly they will rid your system of poisonous impurities and thereby remove the cause of pains, aches and skin troubles.

Mrs. F. N. Hall, 102 Queen street, St. John, N. B., writes: "I am glad to say I have used Dr. Chase's Kidney-Liver Pills with splendid results. I was greatly troubled with constipation and pimples on the face. I tried other remedies and used liquid arsenic three times a day for a year to get rid of the pimples but received no benefit. I began the use of Dr. Chase's Kidney-Liver Pills and it was not very long before I was completely cured. The pills acted on the bowels, kidney and liver and cleansed them of all impure matter. I think they cannot be beaten as a means of ridding a person of that tired aching due to weak kidneys, and would not be without them in the house for any money."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all dealers, or Edmanston, Bates & Co., Limited, Toronto.

Never Cakes Always Shakes

Fill your SHAKERS with REGAL Table Salt




Lennox & Addington

NO housewife could be more critical than we in her selection of baking materials. Highest grade flour, pure shortening, sweet whole milk, pure sugar, and June creamery butter—these are the things that account for the purity and wholesomeness of

McCormick's Sodas

JERSEY CREAM Sodas 5c, 10c and 25c packages



Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.