

SEVEN YEARS TORTURE

Nothing Helped Him Until He Took "FRUIT-A-TIVES"



ALBERT VARNER

Buckingham, Que., May 20, 1916.
For seven years, I suffered from severe headaches and I had belching gas from the stomach. Bitter stuff would come up in the mouth after eating, while at times I had nausea and vomiting, and had chronic constipation. I went to several doctors and wrote to a specialist in Boston but without benefit. I tried many remedies but nothing did me good. Finally, a friend advised "Fruit-a-tives". I took this grand fruit medicine and it made me well. I am grateful to "Fruit-a-tives" and to everyone who has mis-er-able health with Constipation and Indigestion and Bad Stomach, I say take "Fruit-a-tives", and you will get well.

ALBERT VARNER

50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

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Are used by thousands of good Canadians and cure thousands of bad headaches.
ZUTOO cures any Headache in 20 minutes. 25c a box, at dealers

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CUTICURA HEALS ECZEMA ON FACE
Trial Free by Mail

"When our little son was two months old he was suffering with skin trouble all over his head and his face was so full of it that he was disfigured. There was not a single hair on his head. It was just like a rash and he scratched until the blood came. His hair all fell out.
I heard about Cuticura Soap and Ointment and I bought a cake of Soap and a box of Ointment. After three months he was healed." (Signed) Mrs. Ben J. Boudreau, Poulamou, Cape Breton, Nova Scotia, Jan. 12, 1916.
Sample Each Free by Mail With 22-p. Skin Book. Address postpaid to Cuticura, Dept. J, Boston, Mass. Sold throughout the world.

FROM THE COUNTRYSIDE

Frontenac

WOLF ISLAND.
Dec. 27.—Louis Larush has returned home from Buffalo, N.Y., after a very successful season sailing on the upper lakes. Miss Helen Brown, teacher at Arden, has returned home for her Christmas holidays. Miss Mary Green, Watertown, N.Y., spent Christmas with her parents here. Mr. and Mrs. James Mackey, Watertown, N.Y., spent Christmas with Phanton Green. Mr. and Mrs. Green spent Christmas with the latter's parents in Watertown. Mr. and Mrs. Henry Fawcett, Gananoque, spent Christmas with their parents here. Mr. and Mrs. Earl Ryan, Hartington spent Christmas with the latter's parents here. Born unto Mr. and Mrs. Daniel McGlynn, a son.

MYERS CAVE.
Dec. 23.—A number from here intend taking in the Christmas entertainment in Harlowe on Tuesday night. Thomas D. Perry has returned home from Cobalt, where he has spent the last four months. Miss Grace Wood is spending the holidays at her home in Northbrook. Donald MacGregor and sister Maude visited friends in Ardoch last week. Mr. and Mrs. David Rintoul and family spent Sunday at Hill Crest. Henry Delyea has returned home from the west, where he has spent the last two years. W. M. Loucks is visiting his sister in Watertown, N. Y. Daniel Young is tearing down the store which he lately purchased from Joseph Perry. Mr. and Mrs. Leonard Delyea and his mother are spending Christmas with friends in Arden.

OSO STATION.
Dec. 27.—Farmers are taking advantage of the good sleighing and hauling their wood to the siding here. Jacob Chambers, of Englehart, is calling on old friends here. Mr. and Mrs. Howard Bishop of Smith's Falls, spent Christmas with Ernest Henderson. Miss Pearl Myers and little Ella Barrens, of Smith's Falls, spent Christmas at R. H. Bourk's. Miss Lillia Swain, of Glenvale, is visiting at John Crawford's. Mrs. J. T. Macpherson and children are visiting friends in Kingston. The concert on Friday night was a grand success. The teacher, Miss Foxton, is spending the holidays at her home in Sydenham. Quite a number of the young people took in the concert on Christmas night at Maberly. Ross and Reginald Bourk has returned after spending Christmas with friends in Kingston. Howard Bishop is home for a short time. William Davis, from the north, west, is calling on friends here.

FOLGER.
Dec. 28.—Had quite a rain and sleet storm on Dec. 27th. C.P.R. extra gang are here removing rock in the culverts. James Mantion returned home to spend Christmas with his mother after an absence of twenty years in Saskatchewan. A. T. Stewart is drawing hay from Clyde Forks for A. Simpson. George Penfold and Master Gerald McGonigal, Fort William, are visiting the former's father-in-law, Adam McGonigal, Canotto. James Prasky, Renfrew, spent Christmas at his home here. Miss B. G. Stewart is home for the holidays from her school at Lower Lavant. T. A. Ferguson, Thurlow, spent Christmas at A. Stewart's. George Crawford, Miss Laura and Master Harold Lake, Snow Road, spent Christmas at A. Crawford's. Mr. and Mrs. Freeman Lennox and family spent Christmas at James Simpson's. V. Prasky called on Mrs. N. Peterson, Sand City, on Christmas Day. Miss B. G. Stewart and T. Ferguson spent a few days in Renfrew this week.

HARLOWE.
Dec. 26.—The Christmas entertainment, which was to be held in Wesley Hall on Friday evening, was postponed on account of the severe storm. Misses L. Clancy and A. White, Watertown, N.Y., are spending a month at their homes here. Mr. and Mrs. G. Wheeler, Northbrooke, are spending the holidays at their daughter's, Mrs. Bradshaw's. Mr. and Mrs. J. White have returned from a visit with friends near Belleville. Mrs. E. Morley and little "Billie" have gone to Kingston to join Mr. Morley. Special services are being held in the H.M. church. Mr. and Mrs. J. Black, Arden, are visiting friends here. Mr. and Mrs. W. Good and baby are visiting at F. Good's and J. Thompson's. Mr. and Mrs. W. Thompson and little Vivian, Belleville, are at J. White's. G. Conners made a trip to Peterboro last week. Misses E. Marshall and G. Woods have gone to their homes. Mr. and Mrs. Joel Thompson, Lost Channel, are renewing acquaintances here. Mr. and Mrs. Rintoul and children spent Sunday at C. McGreggor's, Mayer's Cave. Mr. and Mrs. S. Wheeler and children, Northbrooke, spent Sunday with his sister at "Cozy Nook". N. Mills and son, Monte, are on the sick list. M. Thompson is at D. Rintoul's. Mrs. C. Hiller, sr., has returned home from C. Thompson's, Northbrooke.

KINGSTON MILLS.
Dec. 27.—Since the recent snow-storm the farmers have enjoyed excellent sleighing. The rural mail carrier had great difficulty on one or two days making his rounds through the deeply drifted snow, but he succeeded. His service since taking over the work has been of the best—courteous, obliging and punctual always. Several local horsemen are busy with their speeders. Amongst the best lookers is the one driven by Mr. Corkey. There will no doubt be some splendid races this winter. James Martin, who has been indisposed for some little time, is quite himself again. Charles Martin has taken a position in Kingston and is much missed by the young people. Frank McGrath and Leo Redwood of Boston, Mass., are spend-

ing the holidays with their friends here. They report their business booming. Little Miss Ethel Quinn, who is attending Notre Dame Convent in the city, is spending her vacation with her father and mother, Mr. and Mrs. J. B. Quinn. Miss Anna Redmond has returned home after a long visit with friends in New York. Ross Moran, Buffalo, N.Y., is visiting his old home. W. McKane is employed for the winter by the Campbell Power Company. Mrs. Brant has been obliged to return to the Hotel Dieu Hospital for treatment.

JOYCEVILLE.
Dec. 27.—On Thursday evening, Dec. 21st, a concert was given in the school by the children and young people of the district. The school was crowded and many had to return home for lack of room. The sum of \$43.70 was taken at the door and all declare it to be the best concert ever held in Joyceville. The local talent was exceptionally good and the untiring efforts of the teacher, Miss MacQuitty, and the hearty co-operation of the young folks made it the complete success that it was.

Mr. and Mrs. A. Donaldson and family, Atkinson, Miss G. Patterson, Battersen, and Mr. and Mrs. L. Woods and family spent Christmas at W. Woods'. Mr. and Mrs. W. J. Johnson have returned from the west, spending Christmas with friends in Belleville. Mr. and Mrs. H. Cochran, Mr. and Mrs. D. McCarey, Kingston, Mr. and Mrs. M. McLaughlin, Cape Vincent, and J. Mullen and sisters spent Christmas at Mr. D. McCarey's. Mr. and Mrs. A. E. McNelly and family spent Christmas at P. Joyce's. S. Murphy and V. Keyes attended the dance in Mallorytown Tuesday night. Mr. and Mrs. L. J. Joyce, Kingston, spent Christmas visiting friends here. Miss MacQuitty left Saturday to spend Christmas holidays with her parents at Douglas, N. Greenleaf and George Morrison, Kingston, spent Christmas at W. J. Morrison's. G. Halpin, M. Keyes and F. Joyce, attending Notre Dame convent, Kingston, T. Keyes, Regiopolis college, Kingston, and J. Halpin, St. Michael's College, Toronto, are holidaying with their parents here. J. Keyes spent Sunday visiting friends in the city.

Leeds

YONGE MILLS.
Dec. 27.—Misses Ora and Adlene Poily, of Brockville, spent the holiday with their aunt, Mrs. Peter Ferguson. Mr. and Mrs. Cochrane and little daughter are spending a few weeks visiting relatives in Sydenham. Mr. and Mrs. Carpenter, of Brockville, spent Thursday the guest of Mrs. E. Burnham. Charles Scott, of Kingston, is spending a few days with his parents, Mr. and Mrs. Edward Scott. John Gibson, Mallorytown, and Claude Gibson, of Syracuse, N.Y., spent Monday the guest of H. T. Gibson. Victor B. Purvis and bride arrived home on Monday. The school concert held in the Stone church, Thursday evening, was enjoyed by a large crowd. Much credit is due the teacher, Miss Glasier, and the children for the excellent programme they gave. Mrs. F. J. Purvis and children are spending a few days in Mallorytown, guest of her parents, Mr. and Mrs. J. Raphael. Miss Edna Davis, Brockville, was the guest of Miss Helen Purvis last week.

MORTON.
Dec. 25.—Mr. and Mrs. J. E. Johnston, Bellamy's, spent Christmas at George Roantrick's. C. C. Henderson, Cardinal, spent Christmas at his home here. J. O. Willis, Tilston, Mann, arrived home on Saturday last to spend a few weeks with his mother, Mrs. A. Willis. Mr. and Mrs. E. Roantrick spent Christmas at Mrs. Roantrick's parents, Mr. and Mrs. Simpson, Jones Falls. R. Scott has sold his farm to R. Lanning. R. Scott is moving to a farm at Lyndhurst. C. Davidson, Jones Falls, and Miss Jennie Simpson were quietly married at Gananoque on Thursday last. Mr. H. G. Deane, Jones Falls, spent a couple of days with her mother, Mrs. A. Willis. Miss Mabel Henderson, Chaffey's Locks, is home for the holidays. Mr. and Mrs. H. Sly and daughter spent Monday the guest of Mr. and Mrs. T. J. Sly, Jones Falls. Mr. and Mrs. Burns Simpson, Jones Falls, spent Christmas with Mr. Simpson's parents, Mr. and Mrs. J. Stewart. Miss Jennie Henderson spent a couple of days last week with her sister, Miss Mabel, at Chaffey's Locks.

LONG POINT.
Dec. 26.—Miss Lenna Bryan, teacher at Sweet's Corners, arrived at her home on Friday evening to spend the Christmas holidays. Mr. and Mrs. E. Modier, Mooretown, visited at Philip Kelsey's on Sunday. Mrs. Dobbs, Lyndhurst, visited at G. K. Wright's this week. Charles O'Connor spent Wednesday with his son, Mayor O'Connor, Gananoque. Terence V. Scanlan, teacher, left on Saturday to spend Christmas at his home at Westport. Henry Marshall has moved from Lansdowne to this section. Mrs. A. B. Chapman, Reston, Man., is a guest of Mrs. Susan Sabrook's. Miss Vera McDonald, Sand Bay, visited at C. O'Connor's last week. Mr. and Mrs. J. J. O'Connor, Kingston, are in the State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is the senior partner of the firm of F. Cheney & Co., doing business in the City of Toledo, Ohio, and state aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY Swears to before me and subscribed in my presence this 9th day of December, A.D. 1886. A. W. GLEASON, (Seal) Notary Public. Hall's Catarrh Cure is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials free. F. J. CHENEY & CO., Toledo, O. Sold by all druggists.

Mrs. Joseph Singleton motored to Gananoque on Wednesday. Wilfred Yates, Toledo, visited at C. O'Connor's last week. Elmer Bryan spent Sunday at R. Steacy's. Warburton, recent visitors: Raymond Berry, Berrington, at Johnson's Moorhead's; Miss Vera and William Moorehead; Sweet's Corners, at John Moorehead's; Miss Lenna Bryan, Sweet's Corners, Miss Zella Frye, Messrs. Clifford, Ralph and Percy Ford, Delta, John McDonald and Robert Watson, Sand Bay, at Charles O'Connor's; Miss Laura Nicholson, Lyndhurst at George K. Wright's; Lawrence Botsford, Charleston, Miss Winnie Steacey, Warburton, at Jacob Bryan's.

MOREWOOD.
Dec. 27.—Mr. McMillan is at present a guest at the home of his sister, Mrs. Gordon, Miss Hutchinson, Toronto, is a Christmas visitor at the home of Mr. and Mrs. D. McGregor. Miss Edna McGregor returned home from the west on Tuesday, and will spend a month with her parents here. Mr. and Mrs. Appleby and children, the guests of Mr. and Mrs. Mrs. Bonke. Mr. and Mrs. J. Moore entertained a number of their friends on Christmas day. Miss Verna Martin, Ottawa, is a guest at her home here. Miss Carrie Hunter, Kitchener, Ont.; Miss Nellie Smirle, Moore Creek, and Miss Ellis Smith, Dunbar, are spending their holidays with their parents here. Mr. and Mrs. W. Smith and daughter Ellis spent Christmas with Mr. and Mrs. L. Walker, Winchester. Mr. and Mrs. Ernest McConnell, Kingston, and Mrs. Thomas McConnell, James McConnell, and Mr. and Mrs. Tweed McConnell spent Christmas with Mr. and Mrs. W. Walker, Winchester. Miss M. Rhoden left on Friday to spend the vacation at her home in Halleybury. Miss Myrtle Fraser, Kingston, is a holiday visitor at her home here. Mrs. Thomas McGregor, Cornwall, spent a few days with her parents, Mr. and Mrs. Wesley Reveler. A quiet wedding was solemnized at the Methodist parsonage on Wednesday afternoon, when Miss Erma Robinson became the bride of Tweed McConnell, of Consort, Alberta. The bride, who was attired in tan colored silk, was assisted by her sister, Miss Violet Robinson, while T. D. McConnell supported the bride. The young couple left on Tuesday for their new home in Consort, carrying with them the good wishes of their many friends. Mr. and Mrs. Ernest McConnell entertained a number of their friends at their home on Friday evening in honor of the bride and groom. Notwithstanding the storm a good number were present, who thoroughly enjoyed themselves in games and various amusements. Mr. and Mrs. C. Luke and family spent Christmas at home with Mr. and Mrs. Walter Merrill. Miss Ada Bonke is a guest at her home here. The Christmas tree and entertainment given by the members of the Presbyterian Sunday school in the hall on Christmas night was largely attended. A good programme was given. Mr. and Mrs. Amos McConnell spent Christmas with Mr. and Mrs. Frederick Shaver.

PRINCE EDWARD.
BONGARD'S.
Dec. 26.—The annual entertainment which was held at the Methodist church on Christmas night was a decided success. A large crowd was present and a goodly sum realized. A quiet but pretty wedding was solemnized at the home of Mr. and Mrs. D. T. McCormick on Saturday last, when their eldest daughter, Viola, was united in marriage to Clarence Pierce, son of Mr. and Mrs. Levi Pierce, of this place. The happy couple drove to Peterboro, where they took the train for Toronto and other western cities. The nuptial knot was tied by the Rev. Mr. Sismith, Pleton, assisted by Rev. J. F. Ireland. Mrs. Shepard and family spent Christmas Day with her parents at Crescy. Allan Harrison, who has been in Oshawa, has returned to spend the holiday season with his parents. Rev. Mr. Kennedy, Toronto, occupied the pulpit in the Methodist church on Sunday last. Miss Thompson, teacher, is spending the holidays at her home in Eldorado. Miss Keane has resigned her position as teacher in S.S. No. 2, and has gone to Toronto to reside. Mr. and Mrs. Thomas Bongard spent Christmas Day at Greenbush.

Prince Edward

LENNOX AND ADDINGTON.
TAMWORTH.
Dec. 27.—Miss Aylesworth, of Napanee visited her brother, James Aylesworth on Christmas. Miss Florence Carscadden visited her parents on Christmas. D. B. Floyd, wife and family spent Christmas in Kingston. Stanley Clithron, wife and child spent Christmas at Trenton. Dr. Lloyd and Miss Clithron of Trenton, visited friends in Toronto last week. Nathan Wagar, wife and son of Brockville, spent Christmas with his parents Mr. and Mrs. John Wagar. Mr. and Mrs. Jacob Wagar held their silver wedding anniversary Saturday Dec. 23. Over sixty guests were present. The gifts were very costly and much admired. Miss Lowell Rivark, Belleville, is visiting her parents, Rev. Mr. and Mrs. Rivark. William Reid of Belleville, is visiting his parents, Allen Carscadden, Point Anne, was in town for Christmas. Mr. and Mrs. Howe and family spent Christmas at Ottawa.

When the world owes a man a living it invariably settles the debt on the installment plan. The fool takes things as they come, but the wise guy always goes after what he wants. In trying to figure out the problem of life most men subtract what they own from what they owe.

Every Second Belgian Is Destitute!

3,500,000 Are Wholly or Partially Dependent on Charity.

The war goes on, but Belgium stands still, or rather slips back a little deeper into her misery! German rule grows harsher and more vindictive as certain defeat looms up ahead. Belgian reserves of money are steadily dwindling, and now fully half the population must be fed by charity or starve.

To make the situation worse, the great sympathetic public of Great Britain, Canada and the United States is beginning to look upon Belgium's need as an old story, and to be less generous in their giving. Meanwhile prices of food are soaring and the money given does not go as far as it did.

As it is, the Belgian Relief Commission has been compelled to cut down rations to what seems the absolute minimum—the smallest amount that will support life. If further reductions have to be made the weaker must go under, and the children, on whom Belgium's future depends, must be permanently stunted and weakened by want.

Meanwhile Canada as a nation, and we as individuals, are unusually prosperous. True, there are many calls on our purses, but there are few of us, indeed, who cannot easily spare enough to feed at least one Belgian family.

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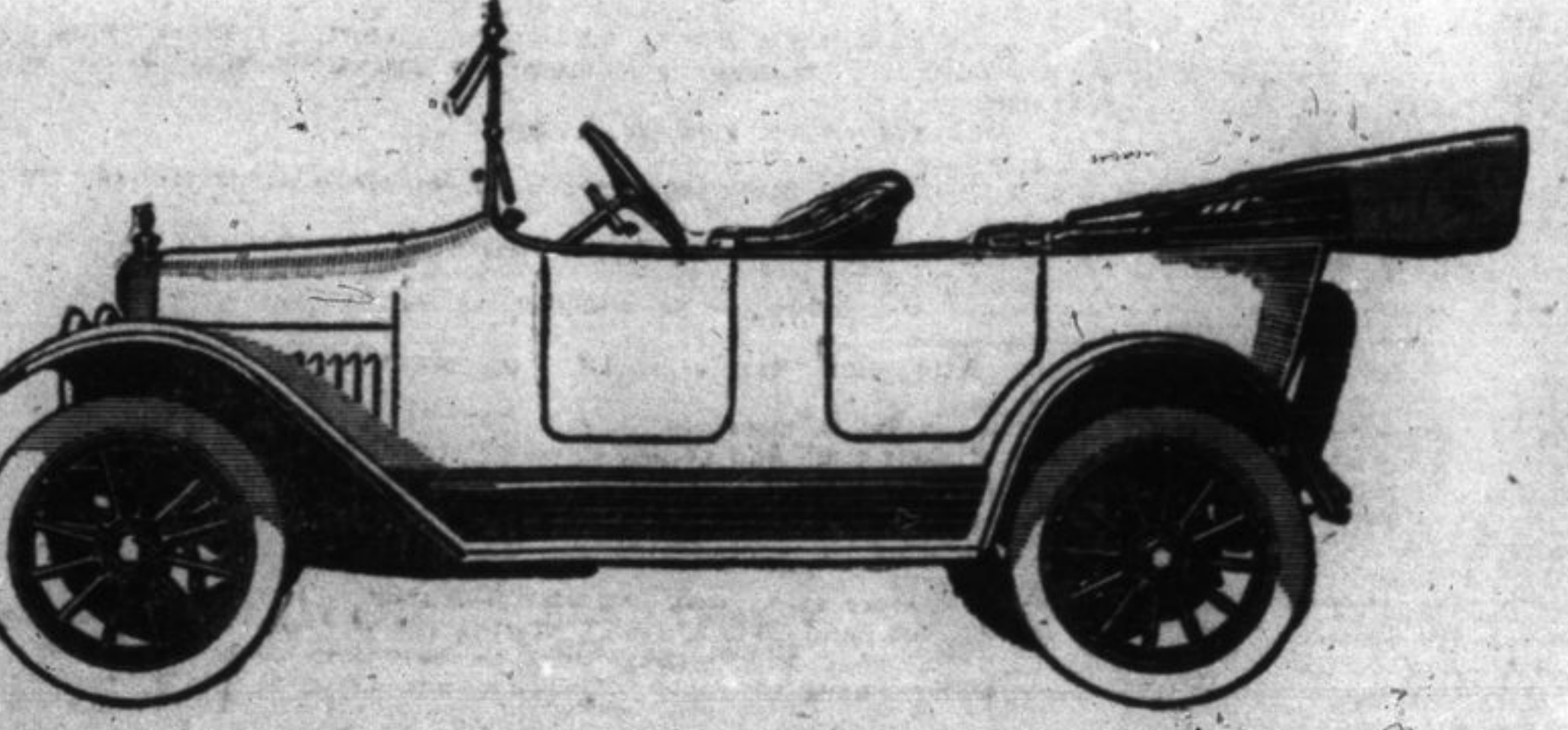
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