Weak Lungs and Chest Troubles

respond more quickly to the blood-enriching oil-food in

SCOTT'S EMULSION

than to any other one medicine. SCOTT'S is a rich, nourishing food to strengthen tender throats and bronchial tubes. It is of peculiar benefit to the respiratory tract and is liberally used in tuberculosis camps for that purpose.

No Harmful Drugs in Scott's.

Scott & Bowne, Toronto, Ont. 16-22

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WE DO ALL KINDS OF TIRE AND TUBE VULCANIZING

Call in and get our prices before going elsewhere. First class work and reasonable prices.

F. J. Pearson & Co.

Cor Queen and Bagot Sts.

Drink Hot Water! Have Rosy Cheeks and a Peachy Skin

Says we will both look and feel clean, sweet and fresh and avoid illness.

To see the tinge of healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact, to feel your best, day in and day out, just try inside bathing every morning for one week.

Before breakfast each day drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases and acidity and gives one a splendid appetite for breakfast.

A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to demonstrate that just as soap and hot water cleanses sweetens and freshens the skin, so hot water and limestone phosphate act on the blood and internal organs. Those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges, also those whose skin is sallow and complexion pallid, are assured that one week of inside-bathing will have them both looking and feeling better in every way.

GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE

In effect Jan. 14th, 1917.

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

GOING WEST	Lve. City	Arr. City
No. 12 Mail	12.20 a.m.	12.57 a.m.
No. 12 Express	2.58 a.m.	3.35 a.m.
No. 27 Local	6.40 a.m.	7.12 p.m.
No. 1 Intern'l Ltd.	1.43 p.m.	2.12 p.m.
No. 7 Mail	3.04 p.m.	3.40 p.m.

GOING EAST	Lve. City	Arr. City
No. 18 Mail	1.40 a.m.	2.17 a.m.
No. 16 Express	2.58 a.m.	3.35 a.m.
No. 6 Mail	12.20 p.m.	12.52 p.m.
No. 14 Intern'l Ltd.	1.08 p.m.	1.38 p.m.
No. 28 Local	6.45 p.m.	7.22 p.m.

Nos. 1, 6, 7, 12, 14, 16, 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.

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(Via Plymouth)
HALIFAX to LONDON
(Calling Falmouth to land passengers)

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Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Saws filed, Knives and Scissors Sharpened, Razors honed. All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

FROM THE COUNTRYSIDE

Frontenac

FERGUSON'S FALLS.

Jan. 22.—T. Gray has returned home after his visit to Wolfe Island. Miss Mary Quinn, of this vicinity, has taken up school at Wayside. T. J. Murphy has returned home after his visit at his sister's, Mrs. M. Gray. Owing to the storm and bad roads people were unable to attend the ball held in the Town Hall by the 240th Battalion in Lanark on Friday night. Herbert McFarlane is busy hauling logs to L. J. Badour's mill here.

GLENDOWER.

Jan. 23.—The snow is very deep, and some of the roads are hard to break. James Coulter has purchased the Glendower cheese factory from Mr. Lampson. The people are now driving on the lakes. The roads were so bad on Thursday that the mail man was unable to make his round trip. Richard Howes and wife, who have been ill, are somewhat better.

SANGSTER.

Jan. 23.—The snow storm of last week left the roads in a bad condition. The stage-driver was unable to make his trip on Thursday. The men are unable to do much shantying on account of deep snow and swamps being in poor shape. John Murphy is spending a few days with John O'Connor, White Lake. Terrance O'Connor is home after calling on friends around Buck Lake. Dan Conway is at Mrs. V. Egan's; John Daley at L. Clair's, Sydenham; Mr. and Mrs. F. Judge, Bunker Hill, at T. Young's; Guss Daley at P. J. O'Connor's; Charles Murphy at T. Barrett's.

FOLGER.

Jan. 23.—James Marion has returned to Innesfail, Alta., after visiting relatives here. Born, to Mr. and Mrs. M. Manion, a son, on Jan. 7th. Born, to Mr. and Mrs. William Love, a daughter. Miss B. G. Stewart spent the week-end at her home here. James Prasky, Renfrew, spent the week-end with his parents here. Mrs. Clelland has returned to Clyde Forks after spending some time at William Love's. Mrs. Wesley Campbell, Clyde Forks, spent a few days at William Love's recently. Mrs. A. Crawford called on her sister, Mrs. W. J. Boyd, Lavant, recently. T. G. Ferguson, Thurlow, spent Sunday at A. T. Stewart's. Mrs. V. Prasky spent a few days with her daughter, Mrs. W. J. Boyd, Lavant, recently.

SUNBURY.

Jan. 23.—The weather continues cold, with excellent sleighing. The funeral of the late Mrs. Thomas Sands, a highly respected resident, took place on Friday, and was largely attended. The remains were interred in the vault at Sand Hill cemetery. Church services on Sunday were not very largely attended, as the day was quite inclement. P. Moreland and A. Coswell, students at Sydenham, spent Sunday at home. The Red Cross concert was a success. The programme was lengthy and given by the best talent obtainable. Over $200 was made. Sunbury cheese factory closed last wek, being the only factory running at that time in this locality. The business of the season was of the best. H. Ritchie and W. Haffener have been pressing hay. Robert Dixon, Queen street, shipped hogs on Wednesday at high prices. The Red Cross Society held its monthly meeting last week at the home of Mrs. C. Langwith. The mail delivery agent reports the roads quite heavy the past week. He had to cancel his trip one or two days last week on account of drifts.

MOSCOW.

Jan. 22.—The annual meeting of the patrons of Moscow cheese factory was held in the school house on Saturday afternoon. The following statement of last season's business was presented: Total milk received, 3,189,564 lbs.; total cheese made, 289,940 lbs.; cheese brought when sold, $53,739.83; average lbs. milk to make the cheese, 11; average price per lb. cheese, $18.54; average price per cwt. milk, $1.48. The new Dairy Standards Act was discussed at length and petitions for and against were circulated among the patrons. The result was a little better than two to one favoring the act. Merinus Crook, Wagerville, was present and addressed the meeting on the pasturization of whey. Frederick Clark, dairy instructor for the adjoining county, explained the objects and advantages of the Dairy Standards Act. John Yorke, Campbellford, who filled the position of first cheese maker last season, took an active part in the proceedings of the meeting. The proprietor, H. McGuiness, was called upon to make his proposition for the coming season. He proposed to pay all expenses and manufacture the cheese of 1917 at 2½ cents per lb. The unanimous vote that accepted his proposal evidenced the satisfactory manner in which Mr. McGuinness conducted the affair of the factory in the past season.

KEELERVILLE.

Jan. 23.—We are having a regular old timer this winter with zero weather and snow galore. In spite of the inclemency of the weather things are moving along. The farmers are hauling their yearly supply of firewood up; and logs to the mill. There is not much sickness in our community. The attendance at school is large. There was a good attendance at church Sunday morning. The surprise party at David Sleeth's on Friday night was a great success. The visitors received a hearty welcome from the host and hostess, Mr. and Mrs. Sleeth. Mr. and Mrs. A. W. Stewart and Master Ferguson, along with Misses Susie and Lizzie Sleeth and Miss Winifred Thompson were entertained to tea on Saturday evening by Mrs. J. E. Anglin. Mr. and Mrs. Thomas Clark, Cedar Lake, at John Robb's for Sunday. Mr. and Mrs. Alfred Sands, Milburn, and Mrs. Walter Holder, Regina, at Mrs. Jas. McLroy's to-day. Erwin Caird has the contract to furnish wood for the cheese factories. James Boal, Charles Clark, Douglas Anglin and John Sleeth are breaking in some fine colts this winter. Douglass Anglin and Anderson Knapp are in the city to-day. The farmers here are very much concerned over the new act pased by the government to take in milk at the cheese factories by test. Quite a number are in favor of it, and others are not. The writer thinks in time the new act will prove out very satisfactory to all. More education along this line is al that is needed in the way of taking care of the milk after milking by properly cooling and keeping in a sanitary place, and by culling out the poor cows and replacing by good ones, that a high test may be reached. The milk coming into the factory in this way will make good-natured cheesemakers, and the farmers delivering their milk will be pleased, as they will be getting their just rights.

Leeds

MORTON.

Jan. 22.—The angel of death again visited this village and took away a bright young life, in the person of Miss Grace Coon. Deceased had been in poor health for some time, but was not considered in a dangerous condition. Her death, therefore, came as a great shock to her many friends. She was of a very loving disposition, and during her short life of only nineteen years made many warm friends. She is survived by her parents, two brothers and one sister.

CHARLESTON.

Jan. 23.—Owing to the state of the roads the mail carrier was unable to get throught on Wednesday and Thursday. Mrs. W. G. Crozier received the sad news on Thursday that her step-mother was dead at Port Perry. The home of Mrs. Jesse Webster was the scene of a pleasant gathering when a number of ladies assembled for the purpose of giving a linen shower to Miss Chlevera Halliday, who became the bride on Saturday evening of Campbell Tait Ross, of Toronto. A couple of hours were spent in social chat and music. Mrs. Webster served dainty refreshments and the bride was showered with her gifts. She briefly thanked her friends for their kindness. On Monday evening a number of young ladies and gentlemen from Athens, Plum Hollow and Charleston gathered at the home of Mr. and Mrs. William Halliday for the purpose of giving a miscellaneous shower to their daughter, Miss Chlevera. The evening was spent in games, music and dancing. The bride received many mementoes of the occasion.

Lennox and Addington

STELLA.

Jan. 23.—The ice in the bay is considered quite safe for crossing the different roads to the mainland being all marked off. Deep regret is felt on the island at the sad death in Kingston last week of a former resident of this place in the person of William H. McDonald. The late Mr. McDonald moved to the city about ten years ago. Deceased was clerk in Neilison's general store here for a number of years, and later was in W. G. McGuinness' store at Emerald. Two brothers, John A. and Duncan, and one sister, Miss Annie, reside at Emerald. The sympathy of a host of friends here go out to the bereaved family. H. B. Sandwith attended the funeral. The shareholders of the skating rink have the ice in fine condition now, and the young people are enjoying themselves immensely. A game of hockey was played on it on Saturday between the junior and senior hockey teams. The game was won by the juniors. A. Blakey, butcher, Kingston, was over the island last week buying cattle and hogs. Miss Gladys Wemps has taken a school at Harrowsmith. John Taylor has returned home after visiting friends in the city. Miss E. Strain and D. Strain spent Sunday in the city.

NORTHBROOKE.

Jan. 22.—Miss Maggie Huffman returned to Syracuse, N.Y., after spending her holidays with Mr. and Mrs. Stanley Wheeler. Mr. Lawrence Rolufs is registered at the Sheer House this week. William Atkins left last Monday for Trenton, where he has secured a position. Mrs. George Shier has gone to Nosland to spend a few days with her daughter, Mrs. A. Perkins. Mr. and Mrs. Luke Shier are both on the sick list. Mr. Kimmerly, Flinton, has been visiting this vicinity during the past week with his wood saw. Miss Violet Shier spent last Saturday with friends in Tweed. William Both, Rainey River district, has returned after spending a few days with his uncle, William Bott. Misses Maggie Clark and Lulu Branion, Flinton, spent the week-end at William Both's. Mrs. John Kemmerly is very ill at time of writing. Roy Reed took tea at James Preslar's on Friday evening last. All are sorry to lose Rev. Mr. Benson, who has left for England, where he intends to take part in the cause of the empire. C. C. Thompson made a business trip to Flinton on Saturday evening last. Hawley Stone, Flinton, made the village a call on Sunday last. Mr. Graham and daughter, Laura, spent Sunday at C. C. Thompson's. Messrs. Preslar and Parks spent Saturday evening last at Mrs. C. C. Thompson's, and before leaving were liberally treated to oysters.

YARKER.

Jan. 19.—The recent snow has made the roads very inconvenient for travelling as they are all blocked. Thomas Craighead and son, Kenneth, Perdue, Sask., are visiting their relatives and friends in this vicinity. Gideon Joyner, Sydenham, called on friends recently. It would be advisable for the people of the village after a heavy snow storm to get out with their shovels and do their bit. Quite a few around here are on the sick list suffering from colds. There is no change in the time table for the C.N.R. at present, only the one train from Napanee is cut off, and the midnight expresses. Mr. and Mrs. Edward Joyner and daughter, Leona, Harrowsmith, spent a Sunday recently at their home here. Miss Lizzie Babcock and Mrs. Albert Williamson spent a day recently at John Brown's. Quite a few from here attended the oyster supper at Colebrake under the auspices of the L.O.L. Miss Hazel Snider, Kingston, spent a few days at her home here. H. Huffman, teller in the Merchants' Bank, has been moved to Hamilton. L. Manorgan, of West of Toronto, has taken his place. The Methodist People are holding a week of prayer at the different houses. Another one of Yarker's boys has donned the khaki clothes in the person of Jack Oldham. The Red Cross here intend to hold an oyster supper in Colebrooke on Jan. 24th. Mrs. George Woodhouse, who for sixteen weeks has been confined to her bed, is able to be up again. All hope to soon see her out. J. B. Sanderson is on a business trip to Arden. Miss Jessie McNeeley has returned home after visiting down near Gananoque. Rev. Mr. Woodcock, a former rector of the Yarker, Camden East and Newburgh parish, called on the people recently. Ray Freeman has gone to attend the School of Telegraphy in Toronto. Miss Ila Peters, Sydenham, is visiting her friends for a snort time. Mrs. Allan Peters had the misfortune to fall and break her wrist. L. B. Shorey, the manager of the Merchants' Bank, has been moved to Acton, and Mr. MacPherson, accompanied by hi swife from Chatsworth, is filling the vacancy. Mr. Patterson, Kingston, is in the village and vicinity buying horses. The people around here are getting in their ice. The average depth being eleven to twelve inches.

FEEL FINE! TAKE "CASCARETS" FOR LIVER, BOWELS

Spend 10 Cents! Don't Stay Bilious, Sick, Headachy, Constipated.

Can't Harm You! Best Cathartic for Men, Women and Children.

Enjoy life! Your system is filled with an accumulation of bile and bowel poison which keeps you bilious, headachy, dizzy, tongue coated, breath bad and stomach sour—Why don't you get a 10-cent box of Cascarets at the drug store and feel bully. Take Cascareta tonight and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You'll wake up with a clear head, clean tongue, lively step, rosy skin, and looking and feeling fit. Mothers can give a whole Cascaret to a sick, cross, bilious, feverish child any time—they are harmless — never gripe or sicken.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

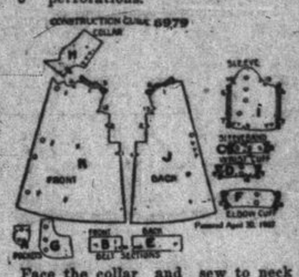
By Pictorial Review

Very Smart in Taffeta.

A pleasing one-piece frock in taffeta having the fulness at the waistline held in by a straight two-piece belt. The linen collar and cuffs are hand embroidered.

Taffeta is the one silk used more than any other for dressy frocks for girls. This model, though originally done in taffeta, is suitable to development in serge, challis or, going down the scale, gingham, percale or linene. In medium size the dress requires 3⅝ yards 36-inch material.

The construction is very simple and can be made still easier by studying the guide given here very carefully. First, form tucks in the front and back, creasing on lines of slot perforations; stitch 1¼ inch from folded edges. Turn hem in right front on large "O" perforations. Lap right front on left with center-fronts even (large "O" perforations indicate center-front); stitch to position invisibly from single large "O" perforation to lower edge; finish for closing. Close under-arm, extension, and shoulder seams, notches even. Form inverted-plait at extension, creasing on lines of small "o" perforations, bring folded edges together at seam; stitch to position at upper edge of extension and press. Turn hem at lower edge of dress on small "o" perforations.



Face the collar and sew to neck edge, notches and center-backs even. Turn hem of small pocket at upper edge at notches. Adjust to position on front with upper edge of pocket at indicating small "o" perforations. Then adjust the large pocket to position on front, bringing single and double small "oo" perforations in pocket to corresponding perforations in front. Stitch upper side and lower edges to position leaving the upper curved edge free to pass the hand through.

Gather lower edge of sleeve between double "TT" perforations; sew sleeveband to lower edge as notched, close seam as notched. Close seam of wrist, cuff as notched to small "o" perforation and face. Sew to sleeveband as notched, small "o" perforation in cuff at seam of sleeveband. Sew sleeve in armhole as notched, small "o" perforation at shoulder seam easing in any fulness.

Then, turn under the edge of front belt section on slot perforations, lap on back belt section, notches and edbes underneath even; stitch the right end 1¼ inch from folded edge; finish the left edges of belt for closing. Adjust to position on dress wth upper edge at indicating single large "O" perforation near center-back.

A collar of batiste trimmed with embroidery makes a dainty finish for the neck.

Pictorial Review Dress No. 6979. Sizes, 6 to 14 years. Price, 15 cents.

POOR CROSSING ON ICE

WOLFE ISLAND REPORTS CONDITIONS ANYTHING BUT SAFE.

Route to City Well Bushed Out by Thomas Greenwood—Interesting Gossip From Island.

Wolfe Island, Jan. 25.—Islanders have been driving on the ice to the city for the past ten days, and still it is anything but safe. Those acquainted with ice conditions state that unless a thaw shortly sets in to take the snow off the ice will not be good this winter. Thomas Greenwood has bushed the road on the ice to the city, and it is doubtful if it was ever as well marked out. This road, during a snowstorm, is like the beacon lights to the mariner and a safe entry to port. Frank Greenwood, an authority on ice, stated that he drove a light horse by way of the head of Garden Island, landing at Booth slip, and in several spots with an axe tried the ice and found in many places not more than two inches. People living at the head of the island are driving by way of the village to the city, an unheard of occurrence, as they always had a road to the city by way of the head of Garden Island.

Oliver Harkins, while driving to the city on Thursday evening last, lost his horse about three hundred yards off Point Frederick. On Saturday Raymond Greenwood got his horse in, but was rescued. Travel all goes by way of Barrack street slip, as the Clarence street entry is not safe. Crossing is considered safer on the American channel.

A debate was held in the C. M. B. A. hall, in which the four separate school teachers took part, the subject being "Resolved, that the pen is mightier than the sword," the affirmative being taken by Miss A. Doolan, Kingston, and. Mr. Cosgrove, of the island, while the negative was taken by the Misses K. Ralpth and M. Mangan, Kingston. After fully an hour of closely contested discussion, on the merits and demerits of the case, by a small margin, the decision was given in favor of the affirmative. Rumor states that in the near future a subject of much interest will be taken up for debate and be handled by the islanders themselves.

A box social and euchre party will be held in the C.M.B.A. hall on Friday night. Mr. and Mrs. Thomas Greenwood were agreeably surprised by a driving party on Wednesday evening composed principally of young folks, the termination of their drive being Mr. Greenwood's. It is needless to say that they were warmly welcomed by the host and hostess, who are noted for their entertaining.

$100,000 For Breach of Promise.

New York Jan. 25.—Arthur L. Pearse, 60, a wealthy English engineer, inventor and yachtsman, is being sued for breach of promise by Miss Lillian Agnes Hennessey for $100,000. Pearse wasmar ried last August to Miss Catherine Jepson, and is at present in Montreal. In asking for the dismissal of the case Pearse admits a promise to wed, but states that this was cancelled by mutual agreement.

Quebec Rhodes Scholar.

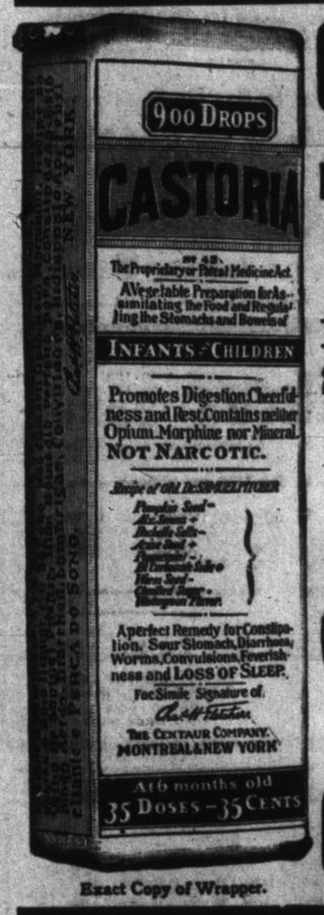
Sherbrooke, Q., Jan. 25.—The University of Bishops College has elected Elton Scott, B. A., to the Rhodes Scholarship for 1917. Mr. Scott is the third son of Rev. Canon Scott, D.C.L., C.M.G., rector of St. Matthews.

January Sale Specials

Boys' Suits, sizes 30 to 34. Sale price $2.95
Men's Freize Overcoats, sizes 36 to 44, Sale price $8.50
Boys' Suits, sizes 28 to 34, worth $8 and $9. Sale price $5.50
Men's Fine Shirts, size 14 to 17. Sale price 59c
All Men's Overcoats, reduced to less than Cost Price.

Roney's

PRINCESS STREET.



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Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher.* In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

ESCAPED CONVICTS

Were Found in Bowmanville by Chief of Police.

Bowmanville, Jan. 25.—Two important captures were made here by Richard Jarvis, chief of police. He identified a man for whom the authorities of Iowa State penitentiary have been in quest since last October and followed him to his boarding house at the Goodyear Club. The man is employed on the night shift in the Goodyear works here. The chief waited till this afternoon and then entering the room of the suspect, found him in bed and in another bed, another escaped convict from the same penitentiary. They are Earl W. Lindsay and Arnold Zimmer. The men were handcuffed together and taken to the lock-up. Lindsay is 39 years old, an aviator and chauffeur, and Zimmer is a railroad fireman and chauffeur, 32 years old. They have worked in the rubber factory here for several weeks and seldom appeared in the street. A reward of $100 each is offered for their arrest and delivery to an authorized agent of the Iowa State penitentiary. Since their escape they have travelled over parts of Europe together, having been in France and England.

Catarrhal Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure catarrhal deafness, and that is by a constitutional remedy. Catarrhal deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound, or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflamation can be reduced and this tube restored to its normal condition, hearing will be destroyed forever. Many cases of deafness are caused by catarrh, which is an inflamed condition of the mucous surfaces. Hall's Catarrh Cure acts through the blood on the mucous surfaces of the system.

We will give One Hundred Dollars for any case of Catarrhal Deafness that cannot be cured by Hall's Catarrh Cure. Circulars free. All Druggists, 75c.

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By placing your order now for your spring suit you will save 25%. Also skirts and Dresses made to measure for very low prices.

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FLAKED OATS,
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GRAHAM FLOUR,
WHOLE WHEAT FLOUR
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C. H. Pickering, Prop.

Dishonest men usually get a lot of things they don't deserve before they finally get behind the bars.