

MOTHERS WHO HAVE DAUGHTERS

Read How to Care for Their Health.

New Orleans, La.—"I cannot praise Lydia E. Pinkham's Vegetable Compound enough, for I know my daughter never would have been so well if she had not taken it. For more than a year she had suffered from irregularity, backache, dizziness, and no appetite, but is now well. I recommend Lydia E. Pinkham's Vegetable Compound to all mothers and daughters who can publish this letter."—Mrs. A. ESTRADA, 129 N. Galveston Street, New Orleans, La.

Philadelphia, Pa.—"My daughter was feeling tired and all run down with no apparent cause. She had taken Lydia E. Pinkham's Vegetable Compound before and knew its value so she again purchased it and she was able to keep to work, her eyes became bright and natural, and her system was built up completely. We generally keep the Vegetable Compound in the house for it is so reliable."—Mrs. E. J. PURDY, 5131 Race Street, Philadelphia, Pa.

Women Have Been Telling Women for forty years how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills.

Try it if you are troubled with any ailment peculiar to women. Write for advice to Lydia E. Pinkham Med. Co., Lynn, Mass.

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE In effect Jan. 14th, 1917.

Table with columns for Train No., Destination, and Time. Includes routes to West, East, and other cities.

AGENCY FOR ALL OCEAN STEAMSHIP LINES. Open Day and Night Telephone 99

NOTICE

Commencing Monday, Feb. 12th, Transcontinental train for Sudbury, Port Arthur, Fort William, Winnipeg, Brandon, Regina, Saskatoon, Calgary, North Battleford, Edmonton, Vancouver and the Pacific Coast will leave Toronto Union Station at 9:00 p.m. instead of 10:45 p.m., Monday, Wednesday and Friday.

CANADIAN NORTHERN

CUNARD LINE

CANADIAN SERVICE. LONDON to HALIFAX (Via Plymouth). HALIFAX to LONDON (Calling Falmouth to land passengers).

For particulars of sailings and rates, apply to Local Agents or to The Robert Reford Co., Limited, General Agents, 59 King Street East, Toronto.



Low Fares and Through Tickets To All Points In Western Canada and the Pacific Coast. Electric Lighted and Comfortably Equipped Trains.

FROM THE COUNTRYSIDE

Frontenac

BELLEVILLE. Feb. 14.—The thermometer has registered 39 degrees below zero. The snow has also been very deep making it difficult for the farmers to get their supply of wood.

COLLINS BAY

Feb. 12.—Rev. C. B. Fairbairn, who has been holding revival meetings in the Methodist church, returned to Verona Saturday.

ST. LAWRENCE, WOLFE ISLAND

Feb. 12.—The recent snow storms have left the roads in a very bad condition as the mail man was unable to

URGES EVERYONE TO QUICKLY GET ON WATER WAGON

Drink Glass of Hot Water Before Breakfast To Wash Out Poisons.

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.

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.

WE TRY TO AVOID MISTAKES BUT NEVER TO AVOID RIGHTING THEM.

Have You Tried: Celeste Whole Figs packed in corn and sugar syrup, 20c per tin. The choicest dessert before the public.

P. H. BAKER & CO. Phone 141; 302 King St.

Frontenac

make his rounds last week. Mrs. J. Miles, who has been ill for the past month, is slowly improving.

WOLFE ISLAND

Feb. 15.—Mr. Aiken, the new customs official has taken up his residence in Frank Briceland's house on the Seventh Concession.

LEEDS

Feb. 12.—The patrons of Plum Hollow cheese factory held an oyster supper at the home of the proprietor, W. B. Newsome, on Thursday evening last.

LENNOX AND ADDINGTON

NORTHBROOK. Feb. 10.—Harry Abbott, Saskatchewan, is spending a few days with his sister, Mrs. Charles Rutan.

MORTON

Feb. 13.—A number from here attended the funeral of the late Mrs. John Berry at Olivet church on Monday last.

WESTPORT

Feb. 13.—A sudden death occurred on Wednesday night about ten o'clock when William Foley passed away.

HASTINGS

TWEED. Feb. 12.—The Red Cross bazaar, held in the Town Hall on Saturday last, was largely attended.

PRINCE EDWARD

ALLISONVILLE. Feb. 12.—The funeral service for Mr. Bowers, eighty-six years of age, was held in Salem church on Thursday, Feb. 8th.

purchasers, composed of not only townspeople, but crowds from the country as well. The neat sum of \$662 was realized from the sale, and by far surpassed our most sanguine expectations.

On Monday of last week a little boy came to brighten the home of our genial village blacksmith, P. McIlroy. Misses O'Brien and Sheehan spent the week-end with Tweed friends.

ensuing year. The next annual meeting will be held in Wellington.

BLOOMFIELD. Feb. 13.—The ladies of the "Home Interest Club" gave an evening to their husbands and friends at the home of Mrs. Webster Talcott on the 6th inst.

STELLA. Feb. 13.—The Islanders are doing considerable driving on ice to Kingston, Bath and other places.

Prize money of \$100 was won by the Islanders in a game of hockey on the rink here on Saturday afternoon.

Every mail from the forces at the front brings urgent requests for more and more of this sustaining, refreshing sweetmeat.

Helps appetite and digestion. Send a few bars, a packet or a box with every parcel to the Front.

Advertisement for Sawyer Shoe Store. Features a circular logo with 'OPEN TO TRAFFIC 365 DAYS A YEAR' and text: 'Cold Weather Footwear! Keep your feet warm and dry. Wear Felt Boots, Overshoes, Rubbers, Moccasins. We carry a large stock to select from. The Sawyer Shoe Store. Canada Cement Company, Limited 61 Herald Building Montreal "CONCRETE FOR PERMANENCE"'

Brown and R. D. Milford were away last week looking after a boiler for the cheese factory.



Off for the Front!

Men and munitions are needed—munitions of every kind. Not alone shells and guns and trappings, but

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duce Co., which has a branch business at Wellington, held a meeting here on Wednesday last to obtain more members.



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