SAYS BODY IS A POISON FACTORY

Urges Everyone to Drink Glass of Hot Water Before Break-

Just as coal, when it burns, leaves; behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of leftpoisons are formed and sucked into goodness, but I must go."

the blood. Men and women who can't get feeling right must begin to take inside wish to go. baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and She brushed them away hastily and "Remember." Mrs. Hollingsworth toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick pation, others who wake up with thusiast on the subject.

cleanses, sweetens and freshens the kidneys and bowels.

> **ROW OF SIX** HOUSES FOR SALE

These Pay 14%.

W. H. Godwin & Son 19 Brock Street Phone 424

Cocoanut Oil Makes A Splendid Shampoo

If you want to keep your hair in good condition, be careful what you to smile, "I shall return and tell you

Don't use prepared shampoos of anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulsified cocoanut oil (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as

this can't possibly injure the hair. Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and removes every particle of dust, dirt, dandruff and evcessive oil. The hair dries quickly and evenly and it leaves it fine and silky, bright, fluffy and easy

You can get mulsified cocoanut oil at most any drug store. It is very cheap ,and a few ounces is enough to ast everyone in the family for mon-

Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

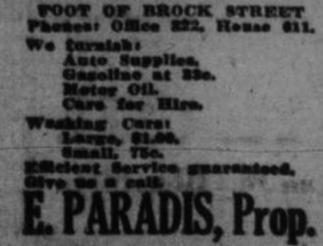
Denison, Texas. - "After my little irl was born two years ago I began suftrouble and could hardly do my work. I was very nervous out just kept dragging on until last summer when I got where I could not do my work. I would have a chill every

day and hot flashes

and dizzy spells and my head would alost burst. I got where I was almost a walking skeleton and life was a burden to me until one day my husband's stepter told my husband if he did not do mething for me I would not last long d told him to get your medicine. Se he t Lydie E. Pinkham's Vegetable Comd for me, and after taking the first doses I began to improve. I coned its use, and I have never had any nale trouble since. I feel that I owe file to you and your remedies. They I will always praise it wherever I

sy Street, Denison, Texas. you are suffering from any form of sale ills, get a bottle of Lydia E. amonee the treatment without delay.

-Mrs. G. O. LOWERY, 419 W. Mon-



which or it start on the company that without new and and

(By Frances Walter)

I RETURN HOME.

(Copyright, 1916, by the McClure

Newspaper Syndicate). "And now," said Mrs. Hollingsworth, when I had chocked down a you in my prayers." lew morsels of food, "I think you had better return to your room and take some more rest."

"John will take you wherever you | daughter."

surprised her with tears in her eyes. around to the front of the house. spoke to me with trembling lips.

"It has been a great pleasure to soon." have helped you ever so slightly, yet | "I shall come," I promised. headache, colds, biliousness, constithe sight of you has been a great | As the car sped toward the city pain to both John and me," she said. my confused mind grasped the fact bad taste, foul breath, backache, "I started once or twice to tell you that these good people had effectrheumatic stiffness, or have a sour, what a coincidence there was be- ually prevented me from telling them gassy stomach after meals, are urg- tween your own automobile accident one thing about myself, yet I felt ed to get a quarter pound of lime- and another which occurred almost as if they knew my life history and stone phosphate from the drug store, in the same place one year ago. In were the best friends I had. and begin practicing internal sanita- that wreck our only child, a daughter Mr. Hollingsworth, who drove the cause you have not slept well, you Remember inside bathing is more lying there injured and bleeding, it ing: important than outside bathing, be- all came back to us, and we could not | "It won't be long before we'll be Alta., did. She says: cause the skin pores do not absorb help taking you into our hearts and there."

girl had come again to us and that able to reach him at the office? And we were nursing her back to life." if I did, what-would he do? What denly and put her handkerchief to to see me, or would he refuse abher eyes. She could not continue. solutely to see me? I rose quickly and put my arms! This thought caused me to decide around her neck, but I could not not to telephone him at all. I would speak, and in that position Mr. Hol- control my impatience as best lingsworth found us a few moments could and wait at home until he

awkward pause, "to see if our young that he should not believe me. He friend is determined to leave us. If must believe it! she is, I will take her anywhere she Mr. Hollingsworth brought his money paid for Vinol in every case

wishes to go." the last twelve hours made it more of the average woman, imperative than ever that I should

"Some day," I continued, trying front steps,

a story which it will be hard for you to believe Until then I wish you both to feel that you have the heartfelt thanks of an unfortunate woman, and that I shall always remember

"I hope you will return," declared Mrs. Hollingsworth, "not because we wish you to tell us anything "It is impossible." I told her. "I which you would prefer to keep must leave you immediately. I can-| secret, but because of the circumover waste, toxins and ptomainelike not tell how grateful I am for your stances which brought us together. and because somehow we shall ai-"Very well," said my hostess, ways associate you with our own

> I thanked her and started up-Again I wondered at this woman's stairs to get my few belongings, but lack of curiosity, her single-hearted they already had been brought down desire to aid me, and I could not un- by the maid, and in a few moments derstand it until, a moment later, I Mr. Hollingsworth brought his car was saying, "we will look for you

tion. This will cost very little, but about your age, was killed instantly. car himself, said nothing until we get up tired out next morning as Pte. A. M. Shaw Has Been Transferis sufficient to make anyone an en- And when John and I saw your car had traveled several miles, and then when you went to bed, you need red to a Hospital in Englandall ruined and broken, and saw you he merely asked where I lived add-

impurities into the blood, causing tried to help you anyhow, but the But the time did not pass as poor health, while the bowel pores fact that our daughter had been quickly with me as it did with him. do. Just as soap and hot water killed in that spot a year ago made With him there was only a few miles us feel almost as if you had come; to be considered. To me other and skin, so hot water and limestone to take her place with us, and we greater problems presented themphosphate act on the stomach, liver, both have felt very close to you in selves. Would I, by any accident, the few hours that we have known find Arthur at home that early in you. It seemed almost as if our own the afternoon? If not, would I be Mrs. Hollingsworth stopped sud- would he say? Would he rush home

arrived. Then I would pour out my "I have come," he said, after an story to him. It was inconceivable

car to the curb at the street number where it fails to give satisfaction. His words aroused me to the I had given and I looked up at the necessity of seeing Arthur without apartment house where two weeks Also at the best druggist in all Onfurther delay. Indeed, the events of ago I had lived the adventureless life tario towns.

At my request he left me at the hasten home, and I told them as sidewalk and drove away, while slowly dragged my tired limbs up the

Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review



When Yoke Meets Belt.



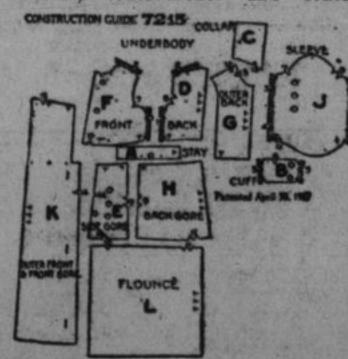
The strap extensions on the front yoke of this gray crepe frock sound a decided note of novelty. Buttons and silk tassels complete the decorative

There have been skilful arrangements of yokes and belts, but none more so than the one featured in this youthful frock of gray taffeta. The model closes at the left side under a plait, the front and back being lengthened by a one-piece flounce with for me what doctors could not do | atraight lower edge, and laid inplaits. A square collar of tub satin finishes, the neck and the sleeves are gathered to deep cuffs. At either side there is a large pocket trimmed with buttons. In medium size the model requires 5% vards 36-inch taffeta,

with % yard 40-inch satin for the col-The first step toward the construction of the dress is to slash the front at the left side between double small "oo" perforations and finish the edges for opening. Close the underarm sired. Arrange around the waist and seams as notched, then close back button at the back.

seam of flounce and sew it to the front and back, center-fronts and center backs even with large "O" perforation at top of flounce at underarm seam. Form plaits creasing front, back and flounce on slot perforations, bring folded edges to corresponding small "o" perforations, baste and sleeps. press the plaits.

Next, turn a hem in the shield at er runs while the sleeper sleeps. notches and arrange front yoke on I tion. Large "O" perforations indicate center-front of yoke and shield. Close under-arm and shoulder seams on the sleeper. of yoke. Sew yoke to front and back, notches, center-fronts and center-



backs even; leave front of yoke free per edge of front to single small "o'" perforations in shield. Close shield at center-front; close dress at left side of front, under plait.

Sew collar to neck edge, centerbacks even, matching large "O'' perforations in front and shield of col-

Now, close sleeve seams and gather sleeve at lower edge between "T" perforations. Sew deep cuff to sleeve, notches and seams even. Face turn-back cuff and sew to deep cuff. notches and seams even. Sew sleeve in armhole as notched, small "o" perforation at shoulder seam easing any fniness.

Line pocket and adjust to position then trim with buttons. The belt may be lined with contrasting satin, if de-

Above Patterns Can Be Obtained From NEWMAN & SHAW, Princess Street.

Menu for Saturday

BREAKFAST Orange Juice Cereal of Choice Creamed Dried Feef on Toast Current Biscult Jelly or Fruit Butter Coffee or Cocos

> LUNCHEON OR SUPPER Banana Croquettes Jelly Sauce Reheated Currant Biscuit Sliced Canned Peaches Tea or Cocon

Beef Broth Beefstenk Pic Creamed Carrots Celery Lemon Sponge

Currant Biscuit. salt, 1/2 cup currants.

Suggestion To Women BUDGET

Who Are "Just Ready To Drop." When you are "just ready to drop." when you feel so weak that you can HARRY FERRIS PASSED AWAY hardly drag yourself about-and behelp. You can get it just as Mrs. T. S. Hunt, of North Lethbridge,

"I keep house for my family of short breath, was languid and sufferent tonics and medicines without help. One day I read about Vinol and tried it. Before the second bottle was taken I noticed a great improvement. I continued its use and now feel much stronger, and find my household duties a pleasure." Mrs.

T. S. Hunt, No. Lethbridge, Alta. There is no secret about Vinol. owes its success to beef and cod liver peptones, iron and manganese per tonates and glycerophosphates, the oldest and most famous body-building and strength creating tonics. So many letters like the above are continually coming to our attention that we freely offer to return the Mahood's Drug Store, Kingston.

CURES SKIN AFFECTIONS

One package proves it. Sold and | Friday night. guaranteed by above Vinol druggist. Another Woman.

The colonel believed in soldiers ed his men permission to marry. One applicant turned away looking

so downcast that even the officer's stern heart was touched. 'come to me again in a year's time, and if you still want to be married,

I'll give my consent." The year passed. Again the private applied; the colonel was quite taken aback. either man or woman.'

The private saluted. "Thank you, sir," he said gratesame woman."

Can You Say Them Quickly? A sleeper is one who sleeps. A sleep is that in which a sleeper

Therefore, while the sleeper sleeps | William Burns has rented Capt.

Will Use Vacant Lots. Galt, March 16 .-- A movement for

PIMPLES AND BOILS ALL OVER FACE AND BODY

you will find that pimples and boils to the bedside of her father, W. E. will break out all over the body, and McNeill. forward of the first plait. Bring up although they are not a dangerous B. W. Strenger has taken possestrouble, they make you appear un- sion of the Beatty farm and is resightly both to your friends and modelling the interior of the dwell-

the blood of the impurities and ing. Mr. and Mrs. James McKibbon,

out in these eruptions. Miss Sylvia Swanson, Theodore, Sask., writes: "I am letting you know what great value your B.B.B. has been visiting her sister in New York, been to me. A year ago I started to grow pale and weak, the cause being bad blood. I got so many pimples and boils all over my face and body that I would not let strangers see F. Deane on Wednesday evening. A ne, and I used to avoid company. I tried many remedies but all seemed failure. I read about how good your B.B.B. had been to thousands er, Mrs. W. H. Tedford. of people so I got a bottle and after I had finished the second one my

well I looked.

Utensils-Mixing bowl, 2 measuring cups, teaspoon, flour sifter, mixing spoon, bakeboard, rolling pin,

biscult cutter, bakepan, pastry brush. Directions-Sift the flour, baking powder and salt into bowl; add shortening and rub in very lightly with the tips of the fingers; then add the cold' milk slowly; add the currants and mix well. Roll or flatten out with hands on floured bakeboard 1 inch thick, cut with biscuit cutter. Place on bakepan; brush top with milk and bake 12 to 15 minutes.

Crust. Materials-One and one-half cups flour, 2 teaspoons baking powder, pinch of salt, a teaspoon of shorten-

Utensils-Mixing bowl, flour sifter, teaspoon, tablespoon, measuring cup. bakeboard, rolling pin. Directions-The crust is made as

Materials-Two cups flour, 2 tea- usual. Round steak is used because spoons baking powder. 2 teaspoons served in glasses with a sauce separshortening. 1/2 cup milk, 1/2 teaspoon there is no fat or waste and it takes

ON SUNDAY LAST.

Temperance Services Held Last Sunday.

Lansdowne, March 14.-Henry five and became completely run-down. Ferris passed away on Sunday after I had such weak spells I could hard- a short illness. He had reached the ly stand up. I had no appetite, had age of seventy-one years. Deceased was an Anglican, conservative, ed from headaches. I tried differ: Orangeman, and a member of the A F. and A.M. for forty-two years. He was widely known as a capable carpenter. His wife predeceased him about a year ago. Surviving are one son Harry, who is serving his country in France, and one daughter, Elizabeth, at home. The funeral took place on Tuesday at 1:30 p.m. to the Union church, and thence to the Union vault. Rev. Walter Cix, Gananoque, conducted the church service, and the A.F. and A.M. the service of the lodge. The floral tributes were many. The pall-bearers were members of the Masonic order, namely: T. A. Bradley, E. McNeill, O. W. Landon, R. F. Hungerford, D. A.

Haig, and Charles Scott. Mrs. Robert Donevan returned on Monday from Toronto, when she spent a fortnight with her daughter, Miss Mayme Donevan. Mr. and Mrs. D. B. Johnston spent the week-end with their daughter, Mrs. Cecil Stevens, Elgin. A number from here attended the box social at the Union on

Pte. A. M. Shaw, who has been ill in a hospital in France, has been transferred to a hospital in England: Samuel McCormack, Kingston, and being bachelors, so he usually refus- Miss Irene McCormack of the Collegiate Institute staff, Brockville, visited friends on Saturday.

The Selton tea meeting was a great success. F. Fitzsimmons, Rockport, "Look here, my man," he said, acted as chairman. A large number attended from Rockport and Lans-

Mrs. M. Clendenning and Mrs. Thomas Isbister spent the week-end

in Brockville. Canon Forneri, Kingston, conduct-"Well, well, I teally must give you ed service in St. John's church on permission," he smiled. "I never ex- Sunday evening. Rev. Dr. Oaten, Topected to find such constancy in ronto, preached in the Methodist church on Sunday in the interests of the Dominion Alliance. Rev. W. R Johnston, B.A., Toronto, was in the fully; "b-but please, sir, it ain't the Presbyterian church and C. W. Lea, Toronto, in the Anglican church.

Jason Trickey has purchased the farm formerly owned by the late Thomas Vanston, situated at Escott village, Rev. Dr. Cooper gave an illustrated lecture in Caintown on A sleeper is that on which a sleep- | Monday evening, on 'Belgium Before and After the War."

shield, bringing front edge to line of in the sleeper the sleeper carries him Bowens farm and will take up resismall "o" perforations. Stitch to th sleeper over the sleeper under the dence there for the summer months. position to the single small "o" per-, sleeper until the sleeper which car- Mrs. William Dixon, Rockport is a foration in yoke. Leave extension on ries the sleeper jumps the sleeper patient at the Brockville General voke free below small "o' perfora- and wakes the sleeper under the Hospital. Miss Maud Green, Ganansleeper on the sleeper, and there is | oque, is the guest of her aunt, Mrs no longer any sleeper in the sleeper | Wesley Johnston. Mrs. David Moore, Gananoque, spent the week-end the guest of her sister, Mrs. W. H. Ted-

Mrs. F. S. Fredenburg spent the the cultivation of all vacant lots in week-end in Kingston. Mrs. W. H. Galt has been inaugurated and all Toule and son left on Saturday for citizens will be asked to co-operate, their new home in Burritt's Rapids. Mrs. D. G. Copeland returned on Not every widow calls for help Wednesday from Toronto, where she when a man attempts to kiss her. was called on account of the death Sometimes it is a man who needs of her mother, the late Mrs. Charles Hutcheson. W. E. McNeill is ill of

Mrs. E. E. Johnston was called to the bedside of her father, Archibald Greer, Lyn, who is seriously ill of pneumonia. Mrs. Harry Sumers, Portland, is the guest of her parents, Mr. and Mrs. S. H. De Wolfe. Mrs. When the blood becomes impure Harry White, Brockville, was called

ng. A dancing party was held at the Burdock Blood Bitters will cleanse Commercial House on Friday evenoisons which cause the skin to break Tripola, Alta., who have been guests of the Rev. and Mrs. Beckstedt, left on Monday for their new home in Alberta. Mrs. Emma Smith. who has returned home on Friday.

> The annual meeting of the Women's Auxiliary of St. John's church is to be held at the home of Mrs. G missionary from Japan will be pre-

Mrs. William Lackie, Joyceville, is spending a few days with her moth-

Pictorial Review Costume No. 7208. Sizes, 16 to 20 years. Price, 20 cents. | ed. People thought it a miracle how Ottawa, March 15.—The village well I looked.

"Your grand old remedy sure has Vankleek Hill, has been deeply been as good as gold and better, to chocked by a tragedy which occurred there Tuesday afternoon, when Lewis

Fresh from the Gardens

of the finest Tea-producing country in the world.

B 74

Sealed Packets Only.

Try it-it's delicious. BLACK GREEN or MIXED.









. HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect. M. S. C. SHAMPOO contains pure Cocoanut Oil and other hair

health ingredients, which by constant use will keep the scalp and hair in perfect condition. Being in LIQUID form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two tablespoonsful, which will instantly work up oceans of lather that will thorou; hly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft. Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

Price 50 Cents

All Druggists, Everywhere, or if your dealer cannot supply you with the annulus write us.

MUTUAL SALES CO. 32 Front Street West - Toronto, Ontario

Burdock Blood Bitters has been Ubal, an aged and well-to-do farmer, manufactured for the past forty years attacked his wife with a spade, in-by The T. Milburn Company, Limited, flicting such serious injuries that she with ex-Mayor T. Patterson chair-plowing. Competitions will also be died yesterday. Ubal is under arrest at Vankleek Hill.

Lots will be given for use free, but plots.