WARNING!

The death of a munition worker recently occurred as a result of blood-poisoning from a slight cut.

Now we are all more or less liable to accidents, both at home and at work, but we can protect ourselves against serious consequences by taking the proper precautions,—that is by applying Zam-Buk immediately an injury is sustained.

Zam-Buk combines very unusual qualities. It is a strong antiseptic, and at the same time is very soothing and healing. It is therefore capable of ending the pain and destroying the poison in a wound before it heals it. Zam-Buk not only destroys all germs in the wound, but by protecting the sore place from the germ-laden air, keeps other diseases out. At the same time, the healing essences of Zam-Buk are growing new skin which gradually covers the place, and a complete cure is the result.

There is nothing else known to science which will perform the healing miracles done by Zam-Buk. This is because of the secret herbal composition of Zam-Buk. Be prepared for any emergency by keeping a box of Zam-Buk always on hand. 50c. box, 3 for $1.25. All druggists, or Zam-Buk Co., Toronto. Send 1c. stamp for postage and free trial box will be sent you.

ZAM-BUK

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. 19 Mail	12.20 a.m.	12.57 a.m.
No. 13 Express	2.58 a.m.	3.35 a.m.
No. 27 Local	6.40 a.m.	7.12 a.m.
No. 1 Intern'l Ltd.	1.41 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	6.48 p.m.	7.22 p.m.

Nos. 1, 6, 7, 13, 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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AGENCY FOR ALL OCEAN STEAMSHIP LINES.
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Between
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(Calling Falmouth to land passengers)

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It is easier to make enemies than friends, but it is easier to get rid of friends than it is to get rid of enemies.

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CASTORIA

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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 Diarrhœa. 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.

ASK YOUR GROCER FOR
CHARM TEA
IN PACKAGES.
Black, Green and Mixed. Packed in Kingston, by
GEO. ROBERTSON & SON, Limited.

FROM THE COUNTRYSIDE

Frontenac

BARRIEFIELD.

April 5.—Service is being held every night this week at St. Mark's. James Esford and family have removed to a farm on the Isle of Man. A. Vairyard has purchased a house was the guest of Mrs. H. Dowler before returning to Ottawa. Mrs. Ramsay, of Pembroke, the guest of her sister, Mrs. R. Doulen, has returned hime. Mr. Flynn, city, spent Sunday at W. Stanton, sr's.

ELGINBURG

April 7.—George Porter held his cheese meeting on Tuesday night in Smith's hall after which he treated his friends to an oyster supper. F. W. Danby and family, Smith's Falls, are spending Easter week at C. Smith's. Mrs. Pixley, Neil and Etta, Kingston, and Miss Edith, Toronto, are visiting at John Silver's. Mrs. F. Porter has returned from Inverary.

MYER'S CAVE

March 31.—A number around here have tapped their sugar bushes. The stage was unable to go to Arden on Wednesday on account of the bad roads. James Perry has returned home from Cobalt where he spent the last six months. Donald MacGregor made a business trip to Harlowe on Wednesday. Miss Katie Spicer is visiting her sister, Mrs. Leonard Delyea. Mr. and Mrs. Charles MacGregor spent Thursday last in Cloyne. W. M. Bauder passed through here enroute to Harlowe last week. "Sandy" Perry has gone to Cobalt for the summer.

ALLEN, WOLFE ISLAND.

April 6.—Mrs. Esford, visiting with Mrs. N. Jackson, Carleton Island, has returned home. A number from here intend to take in the box social on Monday evening next. The patrons of Gilt Edge cheese factory held their annual meeting on Monday evening to install officers. J. Irvine was appointed secretary, and H. Esford salesman. Chickenpox and measles are prevalent in this section. Miss Frances Mulvena, Kingston Mills, is spending a week with her uncle, John Mahony. Mr. and Mrs. Sterling Esford, Kingston, are visiting at H. Esford's.

CATARAQUI.

April 4.—The entrance class are now trying examinations, as some of the boys are desirous of taking advantage of the privilege of passing now in order to work on the farms. E. Johnston and family are moving to Latimer to the farm purchased from H. Merriman. Mr. Merriman is moving to Cataraqui, having bought the property of D. Ahearn, Sr. Henry Harpell, Sunnyside, will move to the farm vacated by Mr. Johnston. W. Blair has left the employment of the G.T.R.. D. S. Nicol, Montreal, is spending a few days at home. Cataraqui cheese factory opened last week. Mrs. Nuttal, Gananoque, is visiting her daughter, Mrs. E. K. Purdy. Thomas Burke and family have moved from Kingston to the village. Miss E. Saundercook, Westbrook, is at the parsonage for a few days. The Hydro-Electric line has made a detour and passed throug the fields south of the village. The commission has settled the claims of those on whose land the poles have been placed. Mrs. Carr-Harris, Kingston, is expected to address the W.M.S. in the church on Easter Sunday evening.

BURRIDGE

April 4.—The many friends of Mrs. M. E. McNichol were sorry to hear of her death in the Hotel Dieu on April 2nd. Mrs. McNichol, before her marriage three years ago, was Mary Ellen daughter of Mr. and Mrs. James Hickey, Burridge. She was born twenty-eight years ago. Her funeral took place Wednesday morning from her father's home to the Sacred Heart church where Rev. Father Powell sang a High Mass for the repose of her soul after which the remains were placed in the family plot. Mrs. McNichol leaves to mourn her loss, her little son Vincent, aged two years; her father and mother, Mr. and Mrs. J. Hickey; one brother and four sisters, Mrs. E. J. Madden, Burridge, Mrs. M. L. Byrnes, Biggar Sask., and Pearl and Carmel

CUSHENDALL

April 4.—Pine Hill cheese factory re-opened on the 29th with a good supply of milk. Some of the farmers have tapped their maple trees and are making large quantities of syrup. Rev. Mr. Kirkpatrick has been holding weekly prayer meetings during the season of Lent. Mrs. C. Reece, of Utica, N.Y., has been called home by the serious illness of her father. Mr. Bander and family, Cape Vincent, are at his brother's, F. Bander's. James Esford and family are moving from Barriefield to his farm in Isle of Man. Mr. Wilsey and family, Seeley's Bay, have taken up residence on his farm recently purchased from Mr. Weir. W. Hyland has sold his farm lately to Mr. Berry, of Berryton. at home. The whole family were present at the funeral.

DONALDSON

April 5.—R. W. Sproule is moving his family to Wilbur where he intends to reside for some time. Mrs. R. Thomson has gone to Flower station to visit her daughter, Mrs. James Love. W. J. Mundell, who has spent the past two years with friends in the vicinity, has returned to his home in Plunkett, Sask., on Monday. Visitors: Miss Mary Lalonde at R. W. Shroule's; S. J. Allan, Lavant, at H. Ryder's; Mrs. R. Kring, Dalhousie Lake, at M. Paul's. On Sunday night April 1st at eleven o'clock occurred the death of Maggie J. Paul, wife of James Morrow, after an illness of about three months. Deceased was in her twentieth year. Besides her husband and little son, she leaves her father, mother and two brothers. Funeral services were held in Mundell's school on Wednesday at 2 o'clock and were conducted by Rev. R. J. McMullin of McDonald Corners. The remains were laid to rest in the Mundell cemetery. The pallbearers were T. Sargant, William Sproule, H. Morrow, Neil Morrow, Henry Ryder and R. J. Sargeant.

VERONA.

April 4.—Born to Mr. and Mrs. Ernie Freeman, a son. Mr. and Mrs. (Rev.) A. F. Ball have gone to the district quarterly meeting at Gananoque. E. M Revell is putting up a building on his property here to be used as a hearse house. Storey Snyder is able to be out again. Miss E. McMullen is visiting at Westport. Wilfrid Craig and sister, Elsie, are home for the Easter holidays. Miss R. Wilson, Denbigh, is at Mrs. N. Ball's. Arthur Ryder, Flower Station, was here over Sunday. W. Revell and F. Carr have received good positions in Kingston. H. Haskins has returned from Halleford. Thomas Rydeh is the first one to break ground for gardening this spring. Mrs. D. Walker, Flower Station, is calling on friends here. Mrs. Bert Snider and children, Kingston, are at William Carroll's. Mrs. Celia Cronk is away on a visit. Mrs. Jessie Kenyon, Kingston, was out on a visit last week. Dr. G. W. Bell, Kingston, went up to the mines to atteng a sick horse for the company Private Robert Gooderham, Kingston, is home on furlough. Fenwick Curran, Sydenham High School, is home for the Easter holidays. Mrs. S. S. Campbell received the sad intelligence of the death of her brother at the front. Grant Wemp, Bath, is here on a visit to his grandmother, Mrs. J. Grant. Pansy Percy, Sydenham, is home for the Easter holidays. A. Rankin, M.P.P., was a visitor here to-day Mrs. H. Deline, Kingston, is at M. D. Perry's.

HARLOWE

March 29.—People have tapped their sugar bushes. The stage driver did not make his trip to Arden yesterday much to the disappointment of the people. The friends of Mrs. T. Thompson, who was taken to Kingston Hospital, are pleased to hear that she is doing nicely after a successful operation. Mr. Thompson expects to return home soon. Miss A. Marshall spent Saturday and Sunday with Mrs. T. M. Thompson. Mrs. C. Hillier and daughter, Mrs. C. Miller, spent Tuesday at C. Hillier's. Miss Mallie McGregor spent a week at her home at Myer's Cave. Mrs. E. Cole, Antler, Sask., is spending a few days with her mother, Mrs. S. Thompson. Mrs. G. Bradshaw spent Friday last at Northbrooke. The remains of the infant twin boy of Mr. and Mrs. F. Wood's were buried on Friday last. Miss M. Johnston of Oso is engaged as teacher in the Union school. Miss A. Patterson visited Miss A. White on Sunday. Miss Agatha Clanry and Master George of Dead Creek spent Saturday and Sunday at S. Clanny's. Mrs. T. M. Thompson received a letter from Hugh Critchley, who is in the trenches and has been there for over a year. Hugh is one of the ex-Harlowe boys who moved from here a few years ago to Monteith where he enlisted. He is well and enjoys his life there and hopes to return and make his friends here a visit. Mr. Sullivan is moving on G. Wheeler's farm on Parry Road. Mr. and Mrs. R. Cuddy and little Winnie were at J. White's on Sunday last. Miss M. Miller is home from Mrs. Anderson's at "The Mines." T. Perry, Assessor, was here a few days ago. Miss Maude McGregor, Myer's Cave, is visiting her sister at "Sunnyside." Rev. Mr. Leedy attended a convention at Elarado last week.

Leeds

CAINTOWN

April 4.—The farmers report a good run of sap so far from their sugar bushes. The Egg Circle paid 31 cents a dozen for eggs last week. Mr. and Mrs. George Turkington are visiting Mr. and Mrs. Thomas Mills. The cheese factory opened April 2nd, with Clifford Morris of Charleston as cheese-maker. Master Howard Lakins, Purvis street, spent Sunday last with his brother, Master Allan Lakins.

NEWBORO

April 4.—J. V. Moriarty left for Rochester last week where he is filling a position with a hardware firm. Winn Houghton, who signed up with the Ambulance Corps is home for a few days trying his hand at recruiting. Mr. and Mrs. Sherman Mavety are the happy possessors of a new boy, born last week. The roads are getting into good shape. The farmers are sugar making and the trappers are hustling after the rats. Mrs. George Bell, Carleton Place, is on the sick list. The village is without police protection. Chief Houghton handed in his resignation to the council on Monday. Westport has been having a big time looking after violaters of the Ontario Temperance act. Not satisfied with that they have roped in one or two of Newboro residents, who have had to go down in their "jeans," but they declare never again.

Prince Edward

BONGARD'S.

April 4.—The Ladies' Aid members were entertained at the home of Mrs. Thomas Bongard on Wednesday. E. S. Bongard of Kamloops, after an absence of nearly thirty years, visited his brothers and other friends here. Mrs. Levi Pierce has gone to spend a month with her daughter, Mrs. (Rev.) Mayse, in Guelph. Miss L. Thompson, teacher, has gone to her home in Eldorado for the holidays. Mrs. D. T. McCormack has returned after spending several days in Picton. Born, to Mr. and Mrs. Percy Thurston, a son.

SALEM.

April 4.—Several from here attended the concert in Consecon on Tuesday evening, given by the 254th Battalion band. Elon Parliament received two letters from his son, Gunner H. E. Parliament, who died recently in England. The letters were received some days after the cablegram announcing his death. Since then Mr. Parliament has received several letters from friends of his son in England, telling particulars of his death and burial. A. Blakely and family move to Belleville next week. H. Murphy and Lee Clark have started with their peddling waggons. Mr. and Mrs. F. Henesey spent the week-end in Belleville. Mr. and Mrs. C. Carnrike and family and Miss Jennie Carnrike were entertained at the home of Egerton Wannamaker on Friday evening. Mrs. McDonald, Trenton, has been spending a few days with her daughter, Mrs. C. Dolan. Mr. and Mrs. C. Kemp, and Miss Verna Carnrike were in Trenton on Saturday. Mr. and Mrs. Elon Parliament have returned after a short visit in Picton. Born to Mr. and Mrs. C. Dolan a son, and to Mr. and Mrs. Harry Simonds, a daughter.

Lennox and Addington

BATH.

April 5.—The recent heavy winds have done quite a bit of damage to the docks here by the pressure of the ice. Alex. McLaughlin, Prescott, made a short visit at D. H. Robinson's. Her many friends will be pleased to hear that Mrs. Harry Revell, who underwent an operation in the General Hospital, Kingston, on Wednesday of last week, is improving. The cheese meeting of the Bath factory was held here in the Town Hall on Tuesday last and was well attended by the farmers of this district. Master Gerald Ball is so far improved as to be able to walk around.

STELLA

April 2.—The ice bridge connecting the island and the mainland is in a very precarious condition. The islanders have been getting mail daily, the mail carriers, with much danger and difficulty, having made the trips. W. J. Beaubien has been ill for the past few days, and had to get a substitute to carry the mail. Good prices were realized at Robert Caugher's credit sale of farm stock and implements held on Wednesday last. Horses and cows sold well. W. H. Preston conducted the sale. E. Walker and family, Kingston, have moved to the village. Mr. Walker has accepted a position in the cheese factory. J. E. McFern, carpenter-contractor, has a very heavy season's work on hand.

ENTERPRISE EAST.

April 5.—The river is now open and quite free of ice. Those who have sugar bushes have tapped. The people do not look for a very heavy run of sap this year, as there is little or no frost in the ground. The roads are quite bad again, as the sleighing has disappeared and buggies and waggons have made their appearance. Mail carrier W. Dopkings should be complimented for getting over his route as the roads are in such bad condition. Many of the young men who have spent the winter away from home are returning to farm duty. All are making preparations to work every acre of their land, prices being so good for farm produce. Some farmers have already commenced seeding. All regret to hear of the serious illness of Bernard Finn. Mrs. J. B. Evans, Moscow, and children, are spending a few days at her home here. Misses Mary Dillon, Sadie Kelly, Eileen Dillon and Kathleen Kearns, of Kingston, Notre Dame Convent, are holidaying with friends here. Edward Finn paid a flying trip to Kingston on Thursday. Visitors: Patrick Dowling at W. Breen's on Sunday; Mr. and Mrs. J. B. Fisher at Arthur Kidd's; M. J. Sagriff and sister, Mary, at John Sagriff's; Daniel Kennedy at T. Lawlor's.

YARKER.

April 6.—Telephone and telegraph lines are all dead here as the result of Thursday night's storm. The telephones wires crossed the road from in front of the Arcade to the telephone office. The pole on the opposite side of the street snapped off half way up and the wires here crossing the road threw this half of the pole crashing through the plate glass front of John Wright's furniture shop. Close to the window stood two new pianos and the glass was thrown like snow over one of them. The roadway is a tangled mass of wires from the bridge to McNeely's store. Parties crossing in from Moscow state that very nearly all the wires are down. At the C. N.R. wires are down and tickers are dead.