

Fresh Haddock and Cod, Whiting, Tom Cods, Smelts, Oysters.

Dominion Fish Co.

GRAND TRUNK RAILWAY SYSTEM
LOCAL BRANCH TIME TABLE
IN EFFECT MARCH 3RD

Trains will leave and arrive at City Station, Foot of Johnson Street, Going West.

Love City Arr. City
No. 19 Mail ... 12:29 a.m. 12:57 a.m.
No. 13 Express ... 3:19 a.m. 3:52 a.m.
No. 27 Local ... 3:45 p.m. 10:17 p.m.
No. 7 Inter. Ltd. 3:29 p.m. 1:50 p.m.
No. 7 Mail ... 3:59 p.m. 2:40 p.m.

Going East.
Love City Arr. City
No. 18 Mail ... 1:40 a.m. 2:13 a.m.
No. 16 Express ... 3:19 a.m. 3:52 a.m.
No. 4 Mail ... 12:29 p.m. 12:52 p.m.
No. 14 Inter. Ltd. 3:29 p.m. 2:30 p.m.
No. 28 Local ... 6:48 p.m. 7:27 p.m.

Trains 1, 12, 14, 16, 18, 19 run daily. Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Sarnia, Windsor, Ottawa, Quebec, Portland, St. John, Halifax, Montreal and New York. For full information, apply to J. P. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

CUNARD LINE
Passenger Service
Halifax and Bristol

Money remittances made by mail or cable. Apply to Local Agents or The Robert Bedford Co., Limited, General Agents, 50-King St. East, Toronto, Ont.

For the Boys at the Front
CHOCOLATTA
"The Ready-to-use Chocolate" Contains the Chocolate, Milk and Sugar.
Prepared Instantly by Adding Boiling Water Only.
No Cooking or Milk Required.
For Sale By
D. Couper
Phone 78 341-3 Princess St.

"BLUE BONNETS"—A New Fabric with New Features.
"Blue Bonnets" suits the needs of the woman who wants a beautiful, durable fabric that wears without wrinkling, creasing and is perfectly adaptable for tailor-made dresses, sport coats and skirts, children's garments, petticoats, etc. Also dresses, fur-trimmed coverings, etc. Guaranteed dye fast and durable. Wide variety of exclusive patterns.
If your dealer doesn't carry "Blue Bonnets" send us this ad with name of dealer and we will send him samples and notify him of your report.
LESLER WHITMAN & CO., Inc., 661 Broadway, New York

Why Blame the Good for the Bad?

BECAUSE thin, skim milk will not nourish a baby; has nothing to do with milk fresh from a registered cow.

BECAUSE some coffee develops a bitter tang—and is not satisfactory—has nothing to do with

SEAL BRAND COFFEE

"Seal Brand" is coffee that has been selected from the world's best plantations by coffee experts, roasted and blended by those who have given a lifetime to the study of coffee.

If you like a cup of GOOD COFFEE, try "Seal Brand".

In 1/2 and 2 pound tins—in the bean, ground, or fine ground for percolators.

If you want to know the true secret of a delicious cup of coffee, write for our booklet, "PERFECT COFFEE—PERFECTLY MADE". 198

CHASE & SANBORN, MONTREAL

THOMAS COPLEY
Telephone 987

CATARRH OF THE BLADDER
Relieved in 24 Hours
SANTAL MIDY
Each Capsule bears the MIDY name and is genuine.
Dissolve of counterfeits.

Most people would rather blame a man for what he does not than give him credit for what he does.

LEADERSHIP IN THE KITCHEN

SPECIAL SALE KITCHEN Cabinets

\$20.00 to \$52.00

Twelve styles to choose from. Largest and best assortment in the city.

Ambulance Phone 577.

R. J. REID
Leading Undertaker. Phone 577.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving Health and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of
Dr. J. C. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought

FROM THE COUNTRYSIDE

Frontenac

PLEASANT VALLEY.
March 8.—W. Davey and L. Emberley are in this vicinity with their sawing outfit. Richard Ellerbeck and family have moved to Moscow. Miss Barr has returned from Oso, where she was the guest of Mr. and Mrs. Joseph Warren and other friends. Mrs. and Mrs. M. Whitty and Mr. and Mrs. A. Watson spent a recent Sunday at Edgar Hughes'. Mrs. Carman Ashley is visiting friends at Yarker and Wilton. Miss Fraser, Kingston, is a guest at J. A. and Elmer Hughes'. Mr. and Mrs. A. Gowdy visited friends at Yarker. Mrs. D. Youmans has returned to her home at Mountain Grove.

GLENVALE.
March 11.—The snow and wind storm of Saturday night and Sunday again filled the roads and made travel very difficult. A number from here attended the funeral of Mr. Barry's small son, at Westbrook, on Friday. R. J. Ellerbeck is on the sick list. J. A. Carruthers, Kingston, is spending a few days renewing acquaintances here. Harold Burnett and Miss Maud Binnington, Havelock, were recent visitors at J. Cramer's. Miss Pearl Patterson is spending a few weeks with her grandmother at Oso. John Purvis is having his house papered and will move there shortly. Mrs. B. B. Gibson and children spent a few days last week with her sisters, Mrs. E. Day and Mrs. Hicks, Harrowsmith.

KEELEVILLE
March 11.—Alfred Harris operated his sawing machine here last week. A number of farmers are drawing wood to Batterssea. John Caird and family have moved to North Shore. Misses Mildred and Pauline Anglin of Sydenham High school spent the week-end at home. John Robb and wife attended the funeral of their nephew, Roy Townsend at Sydenham on Wednesday. A number from here attended the funeral of Mrs. J. Jamieson at Batterssea on Saturday. Mr. and Mrs. Edward Andrews are spending the week at Lyndhurst. Master Joseph Clark, who has been on the sick list for a number of days, is nicely improving. Mr. and Mrs. Charles Sleeth of Round Table spent Friday at David Sleeth's. The patrons of the cheese factory held a meeting last week and satisfactory arrangements were made with the cheese maker to manufacture our cheese for the coming year. Mrs. J. E. Anglin entertained the Batterssea Ladies' Aid on Wednesday afternoon and a very enjoyable time was spent.

INVERARY.
March 12.—The Women's Institute held their meeting to-day at the home of Mrs. Ira Darling. Edward Patterson is recovering from his illness. He was removed to his home. The young people enjoyed a social evening at the home of John Hunter Friday night. John Gibson is recovering from his late illness. Mrs. Ellen Patterson has returned from a week's visit with friends at Railton. The High school pupils, who came home on Friday night had a hard row getting back on Monday morning. While W. R. Tails was calling at the home of Sheldon Curry, his horse hanged itself in the manger. She was a fine animal and highly prized by her owner. Mrs. Archibald Krich has purchased a residence on Y. S. Ferguson and is moving into it. Glenn Ferguson has purchased the stone house formerly owned by William Ferguson and Daniel Barrett has bought Wikie Akroyd's home in the village. The assessor, J. Sleeth, has started on his rounds.

LAKE OPINCON.
March 11.—The recent big snow storm has put the roads in a very bad condition and the School is progressing favorably under the management of Mrs. E. Teeples. S. Truscott, I.P.S., visited the school here one day last week. O. Cumpson and family have gone to their new home at Leland, K. Darling, F. Smith and James Smith made a flying trip to Perth Road Saturday. Mr. and Mrs. C. Tolson made a trip to Elgin this week. H. Hepburn, who has been under the doctor's care, is somewhat better. Mrs. Melvin Hughson is ill of appendicitis. A. Darling made a business trip to Kingston Thursday. J. Darling has returned home after spending a few days in Kingston. A sleigh load of people drove to the home of H. Baxter, Jones Falls, and spent the evening in dancing. Miss Mabel Darling, who has spent the winter at Spaffordton, has returned home. Mr. and Mrs. B. Burtch have returned to Morton. Miss Blanche Teeples has returned home after spending a couple of weeks at Morton. Effie Linklater is visiting Jones Falls. Mrs. W. Teeples is visiting her mother, Mrs. R. Lyons. Eliza Smith spent Sunday at home.

Leeds

MORTON.
March 11.—Harry Johnston, Bellamy's, is spending a couple of days with his sister, Mrs. George Roan-tree. Miss Estella Sly spent a couple of days last week the guest of Mrs. H. G. Dean, Jones Falls. O. E. Stevens spent a couple of days last week in Kingston. Mr. and Mrs. Bernard Burtch, Opinicon, is spending a couple of days with Mr. and Mrs. A. E. Stevens. Jones, Chantry, spent a couple of days last week the guest of R. Laing. Dr. Graham has returned after spending the past week in Kingston. The ladies of the Red Cross Society held their annual business meeting at B. N. Wiltse's on Wednesday last. Miss Jannie York, Athens, spent the week-end with her parents.

WESTPORT.
March 11.—Mrs. Henry Badour passed away on Sunday morning at

Lennox and Addington

MILLHAVEN.
March 9.—The funeral took place on Thursday, March 7th, of James Franklin, Sr. Mr. Franklin had been spending the winter at his grandsons, in St. Lambert, Que., and was ill but a short time. The body was

TROUBLED FOR YEARS WITH BRONCHITIS
DR. WOOD'S NORWAY PINE SYRUP GAVE INSTANT RELIEF.

Bronchitis is a disease which is very prevalent during the late winter and early spring, when there are sudden atmospheric changes. It is a condition of inflammation of the bronchial tubes which produces mucous and phlegm. This irritates the throat and causes you to cough in order to get rid of it. The cough may be tight or loose according as to whether the mucous is sticky and hard to remove, or soft and easily expelled.

Bronchitis is not really dangerous, but the complications which are liable to follow makes it necessary to get rid of it on the first sign. This you can do by using Dr. Wood's Norway Pine Syrup. A remedy that has been on the market for over 25 years.

John D. McFarlane, Jr., S.W. Margate, N.S., writes: "I was troubled for years with bronchitis, and could not find any relief. I was especially bad on a damp day. I went to a druggist, and asked him for something to stop the constant tickling in my throat. He gave me a bottle of Dr. Wood's Norway Pine Syrup, which I found gave me instant relief. It is the best remedy for bronchitis I know of, and I now take care that I always have a bottle of it on hand."

See that you get "Dr. Wood's" Put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c; manufactured by The T. Millburn Co., Limited, Toronto, Ont.

brought here, and placed in the vault, to await burial. Deceased was over eighty years of age, and had lived in Millhaven over forty years. Mr. and Mrs. Edward Milligan, of Watrous, Sask., are visiting relatives and friends in this vicinity. Miss Hilda Collins is visiting relatives and friends in Napanee. Harry Reid spent Saturday evening at Fred Wemp's.

Lanark

MABERLY.
March 11.—Mrs. Peters passed away in the hospital in Smith's Falls. The remains were brought to Maberly and then taken to Norwood for burial. Mrs. Peters has been a patient sufferer for years from rheumatism. She leaves to mourn the loss of a loving mother one daughter, Miss Gladys Peters, of Peterboro, and little Clarence, with his aunt, Mrs. Charlton, of Lombardy. William Buchanan and family left for their home in Saskatoon on Tuesday. Mr. Woods, of Perth, is considering buying the saw mill and water power in this village. The farmers are preparing for a good sugar year by purchasing new evaporators. John Larmon is moving on to his farm. G. Buchanan leaves for his new home in Appleton soon. John Manders has returned home from Toronto, where he had an operation performed on his foot. E. Buchanan is visiting friends in Maberly.

SWITZERVILLE.
March 11.—Miss Annie Wilson was married to Walter Paul, Wesley, on the 27th of last month. A variety show was given Mr. and Mrs. Paul on Friday evening, when they received a number of beautiful presents. Mrs. C. A. Miller entertained her Sunday School class one evening recently. Percy Shorey has returned to Hamilton, after visiting at his home here. Mr. and Mrs. J. M. S. Crawford and daughter, Fanny, spent a few days at J. S. Asselline's, Kingston. Messrs. Woodcock, Marbank, and Hicks, Tamworth, are visiting at N. Woodcock's. The young people have been enjoying the skating. Miss Hazel Parrott has spent 11 for a couple of weeks. A number attended the agricultural banquet in Napanee. T. Woodcock and family moved from our neighborhood last week. Miss Wilma Miller entertained a number of friends Friday evening. Born, to Mr. and Mrs. J. Funnell, a daughter. Rev. and Mrs. Farnsworth, Newburgh, spent Tuesday at J. M. Spafford's. Mrs. Windover is visiting her sister, Mrs. T. B. Lewis. W. Cranston and family visited at C. Cranston's. Mrs. M. F. Wilson and family spent Monday evening at W. Paul's, Wesley. The Red Cross met at the home of James Frink on Tuesday evening.

Need More Houses.
Vice Consul Hamilton C. Claiborn, Bradford, England, says:
The Local Government Board, anticipating the era of reconstruction that must follow the war, are making an inquiry of local authorities throughout the country as to their housing needs. The Bradford health committee has stated that the city's needs after the war will be at least 10,000 houses.

The great demand for houses and the recent stagnation of building are believed to foreshadow a great demand for all kinds of building material at the conclusion of hostilities.

Vice Consul Thomas H. Bevan, Glasgow, says: The royal commission of Scottish housing has just published its report on present housing conditions of the Glasgow district.

The report shows that the existing housing accommodation in the city, as regards houses of four apartments and under, amount to 213,863; that the vacant houses number 2,071, the overcrowded or sublet houses 2,555, uninhabited houses 5,000, and houses defective but remediable 5,000. Additional houses to the number of 46,700 are required at the present time and at least 5,000 in each succeeding year.

The view of the local authorities is that private enterprise, unaided, can not be expected to provide houses for the working classes at the close of the war. It has been reliably reported that the Government has already approved a plan to commence the construction of a large number of houses immediately after the conclusion of the war. The houses to be constructed are of the tenement class, each containing from eight to twelve small flats.

THE TABLES TURNED.
It is really amusing how the tables have been turned in France. It is now the turn of the Government officials to get anxious and worried when a newspaper appears with a sheet which obviously has been censored. The other day a solemn official note was issued to this effect: "An evening paper has appeared with a blank in its latest news columns. It was never asked to delete anything." The mysterious occurrence was explained on the following day by the Temps, the paper concerned. It had blanked out some of its own news, having found a repetition at the time of going to press. The consternation of Government officials is the subject of a good deal of amusement, but it is also much appreciated, as very clearly showing the entirely new basis on which the censorship is now being exercised.

The King of Space.
An albatross in a storm is a wonderful sight. No matter how furious the gale, no matter how fierce the hurricane squalls of Cape Horn, the great bird soars up against the blast grim and serene. Then wheeling, he comes sweeping down on the wings of the gale at a speed so tremendous that it cannot be less than eighty or ninety miles an hour, when, describing a low but immense circle, with the tip of his long-wing just brushing the top of the giant waves, he again takes his flight upward against the storm. No living creature conveys the idea of boundless freedom so perfectly as the King of Space, the Wandering Albatross.—Paul Eve Stevenson.

Mathieu's Syrup of Tar & Cod-Liver Oil

CURES
Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc.

MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL. Colds, when neglected or badly treated give rise to consequences of such a grave character that you should not risk using inferior preparations. MATHIEU'S SYRUP is the only genuine remedy whose reputation has caused to crop up many imitations of doubtful value. ON SALE EVERYWHERE

ADAMS BLACK JACK

She will greet you with a smile if, every Wednesday night, you take her Adams Black Jack. A stick a day keeps hoarseness away.

ADAMS
Pure Chewing Gum

MATHIEU'S SYRUP OF TAR & COD-LIVER OIL

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ADAMS
Pure Chewing Gum

Read This

We receive hundreds of testimonials and ninety per cent of them show that after a short treatment with NUJOL, the users have been relieved of Constipation and no longer need to take anything.

Why?
Because NUJOL simply assists natural movements and allows the bowels to return to their normal healthy condition.

It is absolutely harmless.
It may do the same for you.
Try it.

Nujol for constipation

Manufactured by
STANDARD OIL COMPANY
(NEW JERSEY)
BAYONNE NEW JERSEY

NUJOL IS NEVER SOLD IN BULK
If your druggist hasn't NUJOL, send \$1.00 for pint bottle to
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