

# H.P. SAUCE

has a flavour, a distinctiveness, and an excellence all its own.

Try it for yourself!

Lemons Whiten the Skin Beautifully! Make Cheap Lotion



The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smootheners and beautifier. Just try it! Make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It should naturally help to whiten, soften, freshen and bring out the hidden roses and beauty of any skin. It is wonderful for rough, red hands. Your druggist will sell three ounces of orchard white at little cost, and any grocer will supply the lemons.

Save Your Coal  
THE SOWARDS COAL CO.  
Phone 155.

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	Live, City Arr. City
No. 15 Mail	11:20 a.m. 12:57 a.m.
No. 13 Express	3:19 a.m. 3:52 a.m.
No. 4 Mail	5:19 a.m. 10:17 a.m.
No. 14 Intern'l. Ltd.	1:20 p.m. 1:50 p.m.
No. 7 Mail	3:40 p.m. 3:40 p.m.
Going East	Live, City Arr. City
No. 18 Mail	1:40 a.m. 2:17 a.m.
No. 10 Express	3:19 a.m. 3:52 a.m.
No. 14 Intern'l. Ltd.	1:20 p.m. 2:20 p.m.
No. 23 Local	5:19 a.m. 7:27 p.m.

Other trains daily except Sunday.  
Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For full rates and accommodation, tickets, apply to all other information, apply to J. P. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

CUNARD LINE  
Passenger Service  
Halifax and Bristol

Fresh Haddock and Cod, Whiting, Tom Cods, Smelts, Oysters.  
Dominion Fish Co.

## From The Countryside

### Frontenac

**GLENDOWER.**  
April 10.—Quite a number of fishermen are operating on the lake. The water is quite high in some places on the roads. Archibald MacGowan is somewhat better. Some factories have started. School has closed for a while. Potatoes are very scarce. A number of people had to buy hay this spring. George Jeffrey was burned out the other day. He lives across from Desert lake. Bram Hopkins is at James Wilson's.

### Lennox and Addington

**NEWBURGH.**  
April 10.—John Wartman of Camden, has bought the residence of Mrs. James Thomson, but does not intend to occupy it until fall. Miss Margaret Withell attended the Q. E. A. this week in Toronto. Cory Estes of Orillia came to settle up the affairs of his sister, Miss Annie Estes, who died at Onenace last month. Lady Falconer of Toronto is spending a few days with her parents, Rev. Mr. and Mrs. Gandler, the latter being very ill of pneumonia. A. W. Thomson of Toronto, spent the week-end in the village. Part of Breeze's dam has gone out with the high water. Miss Mattie Welbanks and George Martin of Creighton were quietly married here recently. The monthly meeting of the Red Cross Society was held in the Standard Bank hall on Wednesday evening. Miss Alma Sexsmith spent the Easter holidays at home. Little Wm. Tomer has recovered from an attack of pneumonia. T. I. Winter attended his uncle's funeral at Thurlow.

### Leeds

**WASHBURN'S CORNERS.**  
April 11.—Edward Danis his sold his farm and has moved to his residence nearby. Clarke Kirker has moved to Seeley's Bay. At Athens on April 10th, Bert Johnston of Fairfield and Miss Nellie Young of Soperton, were married. Farmers report an abundant yield of maple syrup. James Loveur has returned home after a visit with friends at Lake street. Miss Edna Preston, who has been visiting friends at Lyn, returned home on Thursday last. At Athens on April 10th, Mort Knapp of Lake Elvida and Miss Ada Ross of Washburn's Corners were married. School still remains closed. A party was held at the home of Albert Young on Wednesday night. Mrs. H. Laforty still remains very weak.

**DELTA.**  
April 9.—Mr. and Mrs. Charles Preston, Toronto, are guests of the former's father. Misses Olive and Ella Russell and Ruth Hartwell, Albert College, Belleville, spent their holidays here. Flood Venney, Brockville, paid a visit here recently. Miss Marjorie Frye, Toronto, is visiting her parents, Mr. and Mrs. T. J. Frye. Miss Edith Davison has returned to her work at Ottawa. Master Gerald Phelps visited his grandmother, Mrs. M. A. Halladay, at Athens, recently. Miss Leoro Whitmore is confined to the house through illness. The sugar social on Thursday evening under the auspices of the W. A. of the Anglican church was a decided success. Miss Bessie Johnston, Lyndhurst, was a recent guest of Miss Vera Birch. Misses Mable, Lorraine, and Kathleen Quigley, Toledo, made a visit here last week. Miss Carrie Hill is at her home here. Miss Vera Birch is visiting friends at Addison. The men and boys are having excellent sport spearing fish near the mill. W. W. Phelps has received a car of chestnut coal.

### MORTON.

April 8.—Mrs. J. Flynn has returned after spending a few days in Toronto. B. N. Henderson and L. Perrin spent a couple of days last week in Lansdowne. E. James and family have moved into the village from Niagara Falls. Mr. and Mrs. A. Dillon has returned home after spending a few days with friends at Smith's Falls. A number from here attended the play held at Lyndhurst on Friday evening last. J. Lanning has secured a position driving the cheese box truck for Mr. Spicer, Newboro. Charles Hill has returned home again after spending the past few days with friends at Ellenville. The ladies of the Red Cross League held their annual business meeting at Mrs. A. Hill's on Wednesday evening last. Mr. and Mrs. George Roantrous spent Wednesday with friends at Seeley's Bay. Mr. and Mrs. J. Slack, Lyndhurst, spent Friday the guest of Mr. and Mrs. J. Coon. The farmers of his vicinity are very busy in their sugar bushes. Miss Amy Coon has returned to her school at Lyn. Miss Jennie York has returned to Athens after spending the holidays at her home here.

**DON'T BE BILIOUS, HEADACHY, SICK OR CONSTIPATED**

Enjoy Life! Live Your Liver and Bowels—Tonight and Feel Great.

Wake Up With Head Clear, Stomach Sweet, Breath Right, Cold Gone.



Take one or two Cascarets tonight and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand, your head will be clear, your tongue clean, breath sweet, stomach regulated and your liver and thirty feet of bowels active. Get a box at any drug store now and get straightened up by morning. Stop the headaches, biliousness, bad colds and bad days. Feel fit and ready for work or play. Cascarets do not gripe, sicken or inconvenience you the next day like salts, pills or cologne. They're fine! Mothers should give a whole Cascaret anytime to cross, sick, bilious or feverish children because if will act thoroughly and can not injure.

# CANADA'S PRIDE

CANADIANS have good reason to be proud of the position Canada holds in the world today. This pride is justified by the activities of her people, by her unlimited natural resources, by her splendid institutions, and particularly by her Industries.

Facts about the immensity of some Canadian industries would astonish most people.

These industries, when viewed in the light of comparison with other countries, are simply tremendous.

The growth of any industry is limited to the number of people it can serve, and that is a fact not often properly appreciated when Canadian industries are compared to similar enterprises in, say, the United States.

For example: the population of the United States exceeds 100,000,000. Opportunity for industries there is almost unlimited. In comparison, Canada with its seven million population is a small country—yet in spite of this comparatively small population, Canada possesses several industries which in actual size rank among the biggest in the world.

In shoemaking, one Canadian concern has developed a volume of business and a service to the Canadian people which is not

equalled by another shoe manufacturer anywhere in the world. This concern, if located in the United States, would rank as one of the twelve largest out of some two thousand shoe manufacturers there.

While the sales of the largest shoe manufacturer in the United States—selling to the American people—do not exceed twenty-five cents per capita per year, the sales of Ames Holden McCready to the Canadian people last year were approximately eighty cents per capita.

In a comparative sense, therefore, this Canadian concern is greater than the foremost American shoe manufacturer in the United States.

Thus Ames Holden McCready truly merit the distinction of their title "Shoemakers to the Canadian Nation."

Just imagine for a moment the enormous work of supplying a large portion of Canada's 7,000,000 people with its boots and shoes:

—it requires—huge up-to-date factories equipped with the most modern machinery able to turn out 8,000 pairs of shoes a day.

—it requires—a variety of nearly 800 different styles to meet the requirements of all classes of people, for different grades, shapes and kinds of shoes.

—it requires—the maintenance of six large distributing branches in principal cities from coast to coast, and-in these are carried over a million dollars worth of stock, ready for quick delivery to retailers.

—it requires—sixty traveling salesmen to call on the retail trade, because out of approximately 10,000 retail dealers who sell shoes in Canada, more than 5,000 handle A.H.M. Shoes.

—it requires—many other details of organization and equipment, but this brief outline will give you some slight idea of the part that this great shoe concern is playing in the business of supplying footwear to the Canadian people.

You will be interested in these facts, because the next time you buy footwear bearing the A.H.M. Brand, you will know that they are the product of a large and efficient organization making shoes which will in every case give you the greatest value for your money.

## AMES HOLDEN McCREADY LIMITED

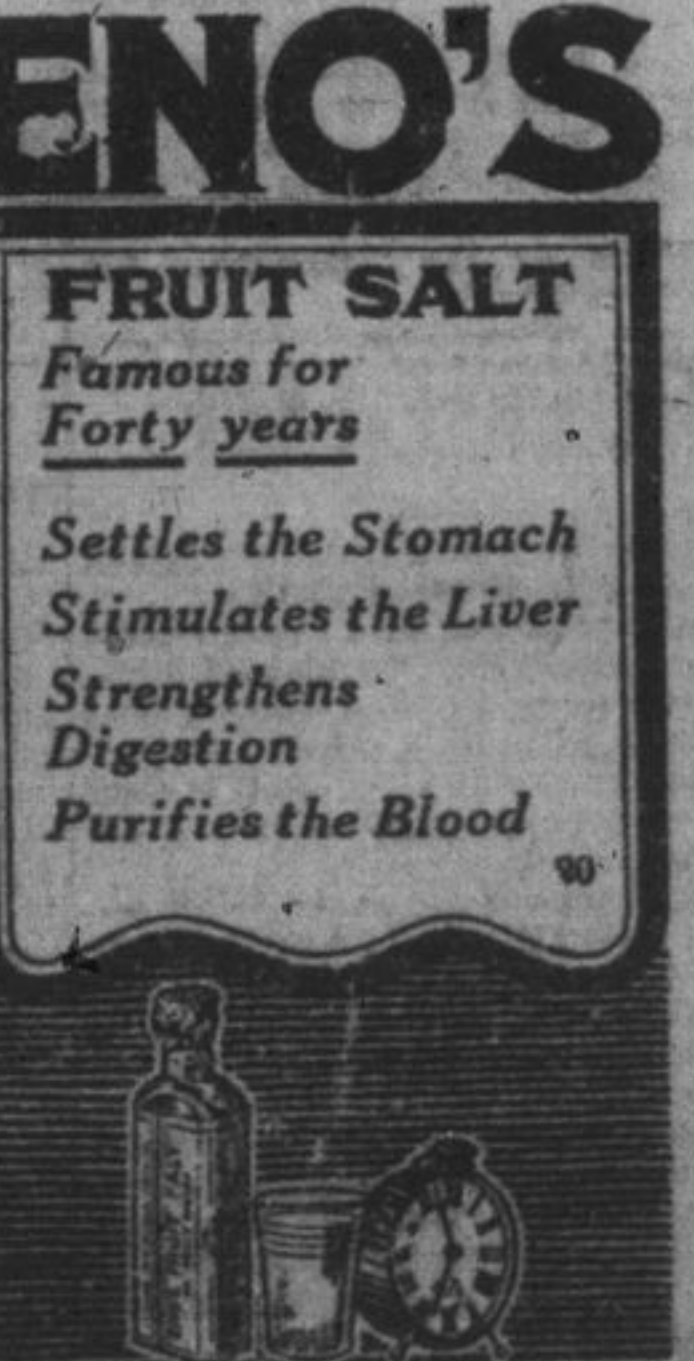
"Shoemakers to the Nation"

ST. JOHN MONTREAL TORONTO WINNIPEG EDMONTON VANCOUVER



**Prince Edward**  
April 11.—H. McWilliam will have charge of the Glouca ferry this season. F. Handley, High Shore, has bought Mrs. C. Hazard's house on Paul street. Miss T. English has gone to Vermont to visit her mother, who is ill. Chief of Police T. Portland, has resigned to accept a better position. F. Newman is giving \$25 as a prize for the best family vegetable garden. Capt. G. Allison, R.A.M.C., who has been to the front, was presented with a diamond pin before his second going overseas. He was wounded and gassed near Cambrai, France.

**ENO'S FRUIT SALT**  
Famous for Forty years  
Settles the Stomach  
Stimulates the Liver  
Strengthens Digestion  
Purifies the Blood



**Death of a "Town Worthy."**  
Renfrew, April 11.—William Craig, an old man, who in the Old Country would have been called a "town worthy," was buried Sunday at the expense of the town. No one ever knew his age, and it is variously estimated from eighty to ninety-five. In pioneer days of the county it is said he was a school teacher, and afterwards became a cobbler, and the oldest citizen cannot remember when he lived anywhere else than in a little hovel on a triangular piece of ground fifty feet from the C. P. R. track. Charitable neighbors clothed and fed him, and he was not charged taxes or rent. A few months ago the town "fixed up" his hovel, which was barely habitable, and now the town buries him. He was far from illiterate, on the contrary, everything readable was eagerly digested. He was fond of Burns' poems, Scottish history, and his violin. He lived and died a strange but harmless man, of strange parts.

**Death of Glen Buell Girl.**  
Glen Buell, April 11.—At the home of her sister, Mrs. Green, at Glen Buell, on Friday last, Miss Lucy Johnston, daughter of Mr. and Mrs. William Johnston, Frankville, passed away. On the Saturday before she left to visit her sister and shortly after complained of not feeling well and a physician being called found her suffering from appendicitis. She would have celebrated her 13th birthday on the 11th of this month. She leaves besides her parents, three brothers and five sisters, viz: Charles and Kenneth in France, Claude at home, Mrs. Green, Glen Buell, Mrs. Morrison and Mrs. Guinness, Rockspur, Mildred in Brockville and Edith at home. The funeral took place on Monday afternoon to the Anglican church, Rev. Mr. Jackberry officiating. The church was filled with sorrowing friends and neighbors. The members of her Sunday school class and also the children of her school at home attended in a body. Many floral emblems were placed on the casket. Interment took place in the Barber cemetery. The pall bearers were all schoolmates of the deceased, viz: Harold Eaton, Oscar Smith, W. Barrington, Gerald Moran, C. Eaton and M. Phillips.

"Ranks with the Strongest"  
**HUDSON BAY Insurance Company**  
FIRE INSURANCE  
Home Office, Royal Insurance Bldg. MONTREAL  
PERCY J. QUINN, Manager, Ontario Branch, Toronto  
**W. H. GODWIN & SONS**  
AGENTS, KINGSTON, ONT.

**LOT FOR SALE**  
40 ft. x 120 ft. Enough stone on it to build a house.  
Snap for \$150  
**W. H. Godwin & Son**  
Insurance and Real Estate.  
33 Brock St. Phone 424

**CUTICURA HEALS PAINFUL ECZEMA**  
Itched and Burned. Wanted to Scratch All the Time. Scarcely Any Sleep.

"When I was fifteen years old, eczema came in a rash, first on my head, then on my ears, and afterwards on my body. It was very painful and was itching and burning so I wanted to scratch all the time. I scarcely had any sleep. After I used four cakes of Cuticura Soap and six boxes of Cuticura I was healed." (Signed) Mrs. R. H. Carlton, Country Steep Creek, Sask., Feb. 6, '17. Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment. For Free Set apply Each by Mail address post-card, "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

AT THE  
**Maple Leaf Grocery**  
Cooked Meats of All Kinds. Baked Meat Loaf with Cheese. Pork Sausage; Cooked Shoulders. Headcheese; Empire Frankforts; Jellied Tongue; Cooked Ham; Ham Bologna; Jellied Hock.  
Fresh assortment always on hand.  
**Alex Potter.**  
Phone 752. 12 Ridgeway St.

**SEEDS!**  
We have a fine variety of Steele Briggs, Rennie's and Ferry's flower and garden seeds; also yellow Dutch sets, by the pound.  
**Thompson's Grocery**  
294 Princess Street. Phone 387.