

Coughs

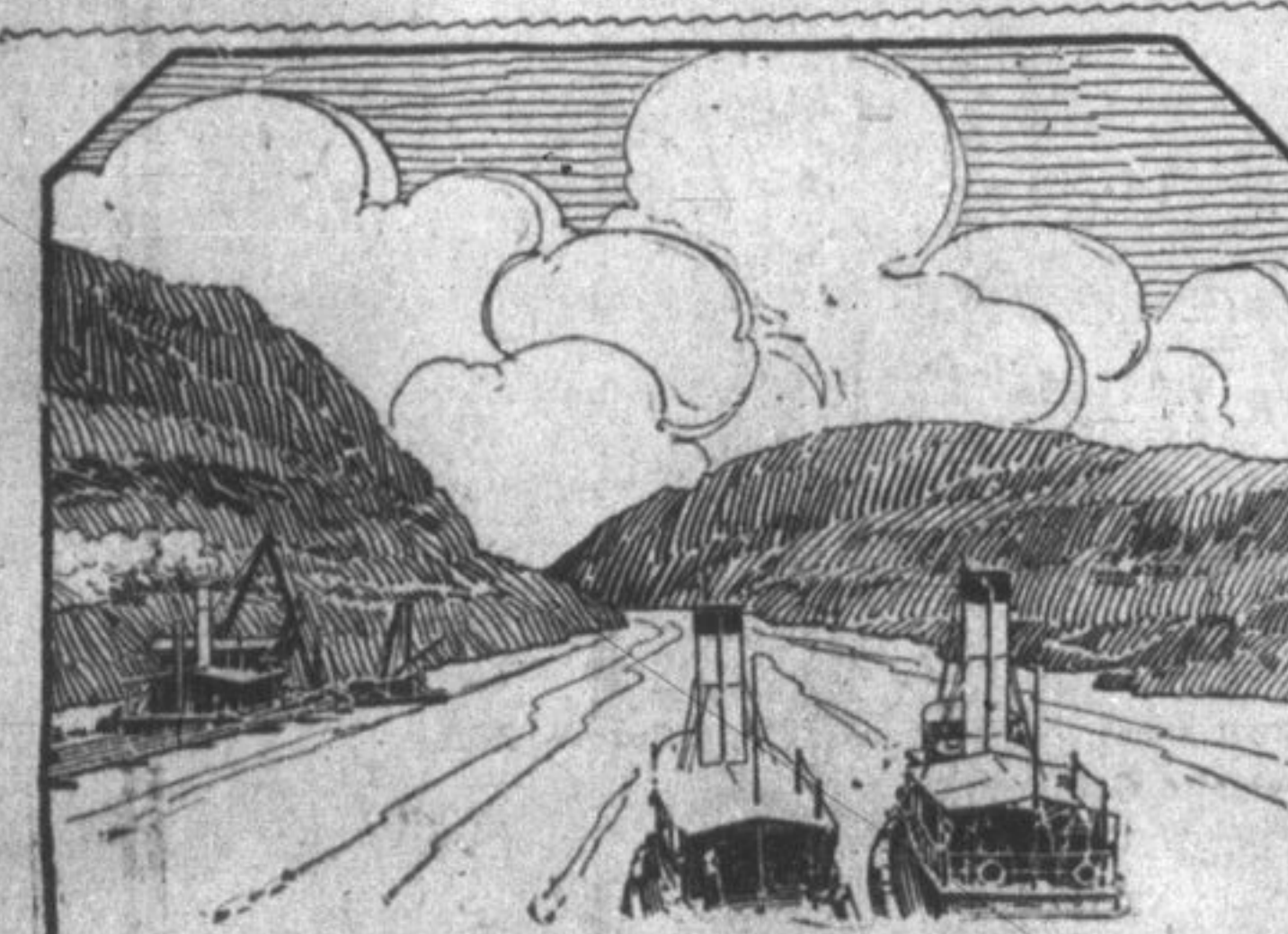
Coughs are Nature's danger signal—Nature's

way of telling you that in throat or breathing tubes there is something wrong—something needing attention. Perhaps the delicate membranes have been chilled and are inflamed and sore. Disease germs may have lodged there and may be setting up irritation, which if not checked will bring on acute bronchitis, asthma, or even worse evils! So never ignore a cough.

Peps kill coughs because they remove the causes. As soon as a Pep is dissolved in the mouth, powerful, but pleasant, medicinal vapors are liberated. These healing fumes bathe the lining membranes of the throat and breathing tubes, kill disease germs, allay irritation and soothe the inflamed parts.

Peps enable you to end coughs and colds in Nature's way, by breathing in the medicine the same way as the disease germs causing the trouble were breathed in! Isn't this wiser treatment than the swallowing of mixtures into your stomach—which is not ailing?

For coughs, colds, bronchitis, asthma, sore throat, night cough and all troubles of throat and chest, try Peps. Best for children because pleasant to take and free from opiates, etc. All dealers, 50c. a box.



How Is Your "Culebra Cut"?

The Panama Canal is a clear passageway as far as the Culebra Cut. But Gold Hill has a way of slipping into the cut. And until dredges can clear the channel, the industrial schedule of the world is out of gear.

How about your own canal? The intestinal canal is a clear passageway as far as the large intestine. There, if you become constipated, waste matter is allowed to stagnate. It becomes unnaturally dry and undergoes abnormal fermentation and putrefaction. Germ activity is increased. Your whole system is out of gear. Result, the production of irritating and poisonous substances, which are absorbed into your blood and carried all over your body, liable to produce disease anywhere. The longer such stagnation is allowed to exist, the harder it is to clean out the canal. 90% of human disease originates in the "Culebra Cut."

If engineers tried to blast out the slide from Culebra Cut they would have more slides to cope with. If you try to blast out accumulated waste from your Culebra Cut with pills, salts or purges, you will increase your constipation—and next time you will have to take stronger medicine in a larger dose.

You can't dredge your canal. You can clean it out with Nujol.

Nujol softens the mass, and supplies the intestinal canal with sufficient moisture to replace deficient mucus. It causes the obstructive waste matter to pass gently out of your system at a regular hour, absorbing and removing the poisons as it goes. Nujol regularly keeps the traffic of your mind and body operating on schedule.

You admire the Panama Canal system. Why not safeguard your own? Your druggist has Nujol.

Warning: NUJOL is sold only in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

Send for Samples of Literature

CHARLES GYDE & SON

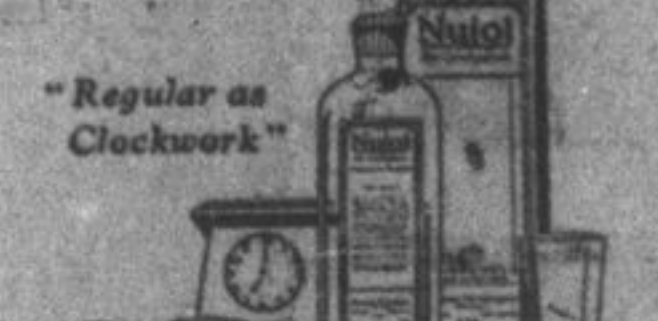
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CANADIAN SELLING AGENTS FOR

Nujol Laboratories

STANDARD OIL CO. (NEW JERSEY)

NEW YORK CITY



Regular as Clockwork

Rev. J.P. McLennan, lately pastor of Perth Baptist congregation, sold his farm in Burgess, has accepted a call to the pastorate at Cobourg.

From The Countryside

Frontenac

SUNBURY.

Oct. 30.—Farmers are behind with their plowing owing to so much rain. Thrashing is still being done. J. Campbell is getting his barn cleared out this week. A large number of pigs was shipped this week from this locality. Owing to much sickness in this vicinity churches and schools have been closed for a limited time. A large acreage of potatoes remains yet to be dug, as farmers have had so much work to do. A young daughter has arrived at the home of Mrs. G. McDonald this week. The Victory Loan campaign is being pushed in and around the village.

HARTINGTON.

Oct. 31.—In the storm on Monday Roy Leonard had two calves killed by lightning. Mrs. Gostin came home sick on Tuesday from Thorold, where she was attending her son. Mrs. Olive J. Trousdale left today for her home in Sterling after spending the summer with friends. The many friends of John Dowker will be glad to hear he is able to be out again after his severe illness. Mrs. Knight has returned from Toronto and is visiting at her brother's, I. Lake's, before returning to Kingston. The trustees thought it wise to close the school. Harry Campsall and T. Kerr are canvassing for Victory bonds.

BETHEL.

Oct. 30.—The 'flu is a very common disease in a great many homes, but no serious results have occurred as yet in the immediate neighborhood. Fred Baker and family are preparing to move from W. Curly's farm. An old and respected resident in the person of Nicholas Hinch passed away a few days ago as the result of old age. We are still getting lots of rain. Potato digging was about completed when the 'flu hit these parts. All the schools in the township are still closed. Miss Olivia Salsbery, Yarker, teacher, is sick with the 'flu.

ECHO LAKE.

Oct. 28.—Jacob Cox passed peacefully away at his home, Monday last, after a couple months of illness. Deceased was nineteen years old and leaves to mourn his loss, besides his father and mother, three sisters, Mrs. V. Abrams, of Hartington, and Misses Hattie and Rhoda, at home, also three small brothers, Orvil, Overton and Bert. Nearly everybody in the neighborhood has been down with influenza, but are better now. The farmers are trying hard to get their ploughing done, but the weather remains very wet. The roads are in a very bad condition owing to so much rain. David Rutan is moving to Wagerville. Mark Switzer spent a few days at his sister's, Mrs. W. Storms, Verona.

CROSS LAKE.

Oct. 30.—A number of hunters have passed through here on their way north to their hunting grounds. A number of people of this vicinity have been on the sick list with influenza. Mr. and Mrs. Henry Ellis have the sympathy of the whole community in the death of their two-year-old daughter, who has just passed away after a short illness. Miss F. A. Gendron spent the weekend with her parents at Ardendale Station. Mrs. Gordon Stasie, who has just recently returned from the Kingston General Hospital, spent Sunday with her parents, Mr. and Mrs. John Clarke, Bordenwood. Mr. and Mrs. William Wilkes spent Sunday with the latter's parents and brother Claude, who is about to leave for Belleville to do the khaki-leave for Belleville to do the khaki. Harve Fuller has had a sale and is about to leave for Welland. Everett Scott made a flying trip to the Mountain on Monday. A bear has been visiting the farmers of this vicinity and is ten number of calves and sheep. Roland Scott has purchased the Mouck farm.

PERTH ROAD.

Oct. 30.—The rainy weather still continues, making it very inconvenient for outdoor work. Miss Guess has returned to her school at Maple Leaf. Elwood Shales, Edward Roberts and Miss R. Buck are convalescent. George Webb, of Ida Hill, spent Sunday at H. McCadden's. On account of the epidemic there has been no Methodist or Presbyterian services for the past two weeks. Sunday school was held as usual in the Methodist church last Sunday and prayer meeting in the Free Methodist church last Sunday afternoon. Ceil Raymond is ill with an attack of influenza. Mr. and Mrs. W. Cheaney are leaving this week for their home at Elgin. Jas. Middleton has taken over the cheese factory. Mrs. R. Thompson and daughter, Hilda, spent Tuesday at Mrs. G. McGilvray's. Mr. and Mrs. J. Barrett and family, of Sydenham, Mr. and Mrs. George Green, of Toronto, A. Retton, of Perth Road, and Mr. and Mrs. George Lees, of Buck Lake, were the recent guests of George Green. Mr. and Mrs. A. Campbell, of Leland spent Wednesday at E. Stokes'. Mr. Ritchie, of Battersby, is visiting his brother, William Ritchie. S. A. Truscott, I.P.S., visited Perth Road school last Thursday and gave a good report. Barton Harris is home recuperating after an attack of the 'flu.

COLE LAKE.

Oct. 31.—Owing to cases of influenza, the school has closed for this week. There have been no serious cases as yet. Mr. and Mrs. John Campbell have purchased a house and lot in Verona and intend moving there in the near future. Their son, Elgin, is going to take over the farm. Miss Mamie O'Connell is the guest of Miss Mary Campbell, who is home on account of her school at

Sydenham being closed. T. Peters has sold his farm to G. Peters and purchased the farm lately owned by J. Busters. Mr. A. E. Harten has had the misfortune to lose a valuable cow. Mr. and Mrs. J. K. McMahon have purchased a house in Sydenham and intend moving there shortly. Miss Julia Kennedy has secured a position as clerk in T. Craig's store in Verona. Miss Ole Butterill, Miss Evelyn Hamilton and sister James Judge are at their several homes owing to Sydenham high school being closed. Joseph Lennou is making cheese here on Tuesdays, Thursdays and Saturdays for Garnet Reynolds, who is sick with the 'flu.' Clifford Moon called at G. Kennedy's recently. Mr. and Mrs. A. Merchant and son, Basil, from Chapleau, have been spending a few weeks around this vicinity. They intend leaving in a few days for their home, accompanied by Miss Eliza Judge.

Leeds
POOLE'S RESORT.
Oct. 31.—On Thursday morning, Oct. 24th, there passed to rest Miss Elizabeth King. Deceased was a victim of influenza-pneumonia. The remains were sent to New York where two brothers and a sister reside. Mrs. Butler has returned to New York city. The epidemic of in-



STOP IT!
The time to check Rheumatism, is at the very first symptoms. Gin Pills save days of needless torture. 50c. a box at all dealers.

Buenza seems to be abating in this section. Recent visitors were Mr. and Mrs. Blake Buell, Sharbot Lake, and John Dickey's; Mr. and Mrs. Harold Thompson and Mr. and Mrs. Lorne Burnham, Sharbot Lake, at J. T. Weeks'.

Lanark
FERGUSON FALLS.
Oct. 30.—Miss Mary Gray and her two cousins, the Misses Edna and Evelyn McLaren, are visiting at her parental home. All the schools of the vicinity have been closed indefinitely by the Board of Health on account of the influenza epidemic. Much sympathy is felt for James Blair and family of this vicinity in the death of their daughter, Mary, who was a very popular young girl. Their son, George, is suffering from pneumonia. A great loss was suffered by Moses Chambers when his barn, with all its contents, including ten hogs and three horses, was destroyed by fire. Mr. Chambers occupies the farm formerly owned by John Michael Quinn. Miss Margaret Doyle, who was teaching near Merrickville, has resigned her school. Ploughing is the order of the day now that corn cutting and threshing have spent their time. Miss Susie Rothwell is home from her school in Pakenham. Miss Eva Sheppard is at her brother's. She is at present helping some influenza patients. Miss Mary Quinn is visiting her sister, Mrs. Nellie Carberry, and other friends.

Death Of N. D. Carter.
Deseronto, Nov. 2.—There died at late residence, Oct. 16th, Newbold Dryden Carter, son of Mr. and Mrs. Thomas N. Carter, who reside at Trenton, at the age of thirty-nine years, eleven months and seven days. While Mr. Carter had been ill for about a week previous to his demise, he was in no way considered dangerously ill, but on Tuesday took a relapse, which resulted as above. Death was due to pneumonia, following grippe, together with other complications.
If self-esteem could be sold a whole lot of folks would have something to market.
A classified ad. will find a worker if a worker is to be found.

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These fires must be kept burning

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Canada's factories are a source of great national strength to-day.
They send across the sea a steady stream of vitally needed war supplies.
They employ our people at home at good wages.
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