300 Cups of delicious Tea can be infused from a one pound packet

and Always of one Uniform Standard of Quality.

# "The Tea that Never Disappoints"

The foregoing is not simply an advertisement but plain statements. of "Fact"



# The Hopper

of a concrete mixer has a good appetite and a great capacity at the top.

But all that goes into it must pass easily through the narrow outlet at the bottom. If the man on the job goes away and leaves the mixture to harden in the hopperhe gets fired-that's all.

And the machine is put out of working order for a time. It's easy for you to satisfy your appetite with food. But if you neglect yourself, and the food waste dries out, hardens and stagnates in your lower bowel-if you become constipated-your body machinery will suffer; and if you try to get rid of the mass by taking castor oil, pills, salts, mineral waters, etc., to force the bowels to move, you will only make matters worse.

You can't fire yourself for neglect. And you can't cure constipation by forming the habit of taking medicine every time you want your bowels to move. But you can overcome the trouble by taking Nujol.

Nujol brings about the habit of easy, thorough bowel evacuation at regular intervals, because Nujol is not a drug, does not act like any drug. Nujol brings about a return to Nature's methods by supplying necessary lubrication of the bowel contents, by facilitating intestinal muscular action, by absorbing poisonous matter, and thus securing necessary cleansing of the intestinal canal.

Nujol makes you regular as clockwork—use it, and you'll not have to worry about the size of your appetite or the ability of your body machine to get rid of dangerous food waste. Get a bottle of Nujol from your druggist today, and send for free. booklet "Thirty Feet of Danger."

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

### Nujol Laboratories STANDARD OIL CO. (NEW JERSEY) 50 Broadway, New York

Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York. Please send me free booklet "Thirty Feet of Danger" -constipation and auto-intoxication in adults.

Regular as Clockwork'

### New Goods Just Arrived

SUNKIST Seeded and Seedless Raisins. In packages only. Buy from your grocer.

## **OVERCOATS**

\$48.00 to \$38.00

SUITS \$20.00 to \$38.00 Large stock of indigo blue serge and fine worsted suitings. All wool, extra heavy weight pants, \$8.00.

John Tweddell, Civil and Military Tailor, Princess St.

### From The Countryside

### Frontenac

FALL RIVER.

March 29 .- Sugar-making is the order of the day around here andball report a very good run. So far, owing to the snow storms, the roads are in a most unfavorable condition and the people have had to discontinue hauling for a time. Archie Gray was called to Kingston attend County council on Tuesday. Violet Scott spent the latter part week with her mother. Fleetwood Gray and sister Tena, spent Sunday at Alexander England's, Maherly. Thomas and John Palmer spent Sunday with their mother here

JOYCEVILLE. March 27 .- The cheese factory has started operation again with a fair supply of milk. Maple sugar making is a decided failure owing to the snow leaving so early. Quite a number are suffering from flu. No serious losses are reported so far. Mr. Townsend and mother have taken up residence here. The boys have stored away their hockey sticks for this season after some interesting games. B. Hitchcock has purchased a new sawing machine and is doing a rushing business. T. Woodstock and son John, who have returned from overseas, are looking none the worse after their experience. James Halpin, Montreal, is the guest of his mother, Mrs. Mullen. Recent visitors here: Mr. and Mrs. M. J. Shortell, Gienburnie; Mrs. J. Goodfriend, Kingston; Miss Martin, aBttersea; Mr. and Mrs. J. Martin, Cushindall; Miss P. Milne, Chesterville; Mr. and Mrs. J. Spence, Pitkinson; Mrs. D. Baker, Kingston,

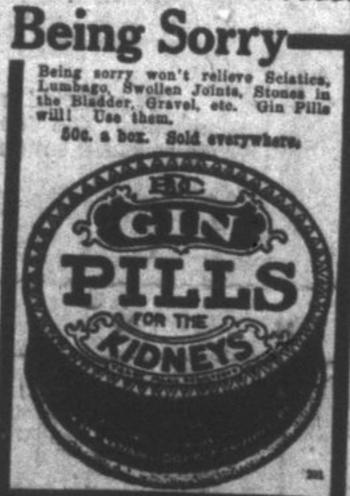
HOLLEFORD.

March 28 .- Snow and high winds, is making it very disagreeable. Quite a number are attending the series of meetings at Harrowsmith in connection with the Free Methodist church. Quite a lot of syrup was made last week during the pleasant weather. Mrs. S. Martin is spending nesday. Four sawing outfits are at supply of "moonshine." work in the neighborhood operated by the Messrs Vanluven, Abrams, Snider and Freeman. Russel Martin recently visited Albert arslake. Mrs. Elmer Smith has returned after visiting her parents at Verona. Mrs. the hockey fans were responsible Ray Babcock with her mother at for the scheme. Do they play R. H. Gaslon, just returned. Green and family, Verona, spent Sunday at John Gregory's.

SUNBURY.

mother, Mrs. MacCadden at Perth in advance of his sale price. Road. Mr. Webb is superintending the 'phone lines and for a time will be fully occupied. Mrs Aggie Mc- House on daylight saving, Dr. J. W. Coll made a rtip out to Kingston on Edwards played the twilight golfthe 28th inst. The stage driver has ers. He did not wish them any managed to keep up his trips, harm, but invited them to go on the though the roads have been quite course in the early morning and get badly clocked at times. Several a dose of dew. "Doc" evidently loads of hogs were taken out from wants every man to get his due, here on Wednesday last as the price was good and the animals were The city is flooded with pedlars, ready for delivery. Some farmers book agents, and picture framers. tapped their trees, but report the No doubt this is all after-the-war run of sap as very small. Some reconstruction. farms continue to change hands even at this late period of the sea- The Portsmouth Philosopher rises son. The people welcome Mr. Orr, to remark that if the members of who has recently moved on the farm parliament are not in favor of daybetween here and Inverary, which light saving, they might at least cut he purchased from Mr. Perry. The down a little on the "gas" in the latter has taken up residence in In- House. verary, where the good wishes of many friends follow him.

INVERARY. March 28 .- The Model cheese factory held its annual cheese meeting Mayor Newman to last night. James Shepherd was friends. again chosen salesman. Mr. Shepherd is at present confined to his room through illness. George Gar- Reading the Whig's "More Pep" rett and family have moved on to magazine for March Alfred Garrett's farm. - Mrs. F. Ferguson is receiving medical treatson and family moved to their farm "civvies." at Portsmouth. Mr. Patterson still continues his studies in medicine at Queen's. W. Orr has moved on to



don Perry. Mr. Perry is preparing to build a house on a lot in the village at present, he is living in Charles Loney's house on the farm. Rory Darling has moved into the house he purchased from Daniel Barrett. Mr. Darling will engage in cheese making. Daniel Barrett has purchased the house belonging to the late Miss Nancy Morah. Mrs. Herbet Gibson is under-going medical treatment in Kingston, Miss Hester Gibson is spending a couple of weeks with friends in Sydenham. Mrs. Annie Thompson still continues seriously ill. Mrs. Richard Arthur and daughter Margaret, spent the weekend with friends in Kingston. John Ferguson is not improving in health. Melville Young is engaged with Thomas Arthur for the season. A number of farmers have tapped their bushes and report a good supply of John Gibson has purchased a small farm from John Ferguson, Mr. and Mrs. Wilson Knapp spent part of last week at Wilkie Aykroyd's.



Son of the King of the Hedjaz, the

While the average citizen is a few days with her mother, Mrs. S. clamoring for more sunshine, the Clark of Sydenham, who is ill. Mrs. members of the "dry crowd" are T. F. Townsend entertained on Wed- figuring out how they can get their

Judging by the press reports, the discussion in the House of Commons on daylight saving was a regular burlesque. A member who hockey all summer up in Peterbroo?

Talking about real estate deals, one that took place in London, Ont. the other day "takes the cake." A resident, after selling his home March 29-Mrs. George E. Webb, found it impossible to secure anof Ida Hall, has been spending the other dwelling to suit, so bought last few weeks on a visit to her his property back at a figure \$200

During the discussion in the

"We've won the war, and the country has gone dry. What more do you want?" asked a comedian in the show the other night, "Daylight saving,"

Some of the local clothing stores ment from Dr. T. J. O'Connor, of did a rushing business on Saturday, Kingston. Mrs. Bernhardt Patter- getting the "soldier boys" back into

> Harrowsmith Happenings Harrowsmith, March 31.-The cheese factory opens to-day under the management of Mr. McKeown. On Wednesday evening, March 26th, Mr. and Mrs. Elgin Babcock were "at home" to a number of friends, who were entertained cards. On Thursday evening last Mr. and Mrs. Isaac Carscallen enter tained a number of their friends at a tea party, after which a very enjoyable evening was spent with cards. Mrs. F. McCammon, returned home on Wednesday last, after spending a week, with friends in Kingston. Mrs. S. Ashwin and children spent last week with her sister, rs. L. Hogan of Sydenham. Miss Laura Phil-Hps, iff for a few days, was able to resume her duties last week. Visitors: Mr. and Mrs. Leonard Gordon, of Glenvale, at J. Clow's; Miss Glossie Woodruff, at Frank Patterson's; city one day last week.

Mrs. George Knowles died at Simcoe, Ont., from blood poisoning which developed from a slight burn on the terred in Hungerford township. At the Rectory, Tweed, on March 25th, Rev. A. E. Smart united in the bonds of holy matrimony James Albert Elliott and Charlotte Helen J. D. KELLOGG'S Beatty, both of the township of HunWHY EXPERIMENT?

Food scientists claim that the leavener is largely responsible for the flavor, texture and wholesomeness of your home baking. That on no other one ingredient does so much depend. It is important, therefore, to use a baking powder that you know possesses the necessary leavening qualities.

# MAGIC BAKING POWDER

Contains No Alum

and is the only strictly high class baking powder in Canada selling at a moderate price. Its reputation is built on purity and highest quality.

The only well known medium priced baking powder made in Canada that does not contain alum and that has all its ingredients plainly stated on the label.

Made in Canada

COAT OF ARMS

Will Be Representative of All Provinces-Committee to Consider Design.

secretary of state for external af- Heralds in England and registered. the west.

FOR THE DOMINION of the general staff, and Dr. A. G. the official arms of Canada will then Doughty, Dominion archivist.

The present coat of arms is representative of the provinces of Ontario, Quebec, New Brunswick and No- has resigned. He was in the office va Scotia, which originally compos- for ten years. The council granted ed the Canadian Confederation. That him an honorarium of \$300 and ac-Ottawa, April 1.—Consideration is coat of arms was adopted in 1868; cepted his resignation. being given by the Government to since then Prince Edward Island and The Renfrew Council will ask the the question of adopting a coat of British Columbia have entered the ratepayers to vote on paying \$10,000 arms for the Dominion of Canada Federation. Manitoba has been con- for the Carswell block for use by the which will be representative of all stituted and finally Saskatchewan Great War Veterans as a club room. the provinces comprised in the Con- and Alberta have been carved out of Mrs. John W. Shaw, Tweed, died at federation. A committee of officials what was the northwest territories. Battle Creek, Mich., on March 25th most picturesque figure at the Peace has been appointed to take up the When a design emblematic of the from heart failure. Her remains subject and consider designs submitt- nine provinces of Canada has been were buried at Tweed. ed to it. The committee consists of selected by the committee just ap- Simon Morrow has disposed of his Thomas Mulvey, K.C., under secret pointed by the Government, it will farm near Bogart to his son, Phillip

fairs; Major-General Gwatkin, chief A royal warrant declaring it to be be issued.

Chief of Police Plaunt, Renfrew

tary of state; Sir Joseph Pope, under be submitted to the Royal College of Morrow, who recently returned from



# AM-BUK

This illustrates but one of the many uses to which Zam-Buk, the great herbal balm, is daily put. Accidents will happen, especially where there are children. Mothers should never be without Zam-Buk. Zam-Buk. is the best "First Aid." Its strong antiseptic properties kill all germs, preventing blood-poisoning and inflammation. Its rich, herbal essences quickly ease pain and build up new healthy tissue. Zam-Buk is entirely different from all other ointmeats. It is purely herbal and contains no poisonous coloring matter. Take no substitute. See the name on every box before paying. ZAM-BUK HEALED SEVERE CUT

Mrs. J. E. Bierwirth of Carnduff, Sask., writes: "My little son cut the end off his finger. As it was such a severe cut, I was going to take him to a doctor, but in the meantime to ease the pain, I applied some Zam-Buk. This stopped the bleeding and gave him such relief that he ceased crying and seemed quite at ease. I therefore Zam-Buk sold by all decided to see if Zam-Buk would heal the wound. Next Zam-Buk Co., Toronto, day I replaced the dressing, and continued to do so each day, using nothing but Zam Buk. Complete cure resulted."

YOUR HOME NEEDS IT!

### **KNOCKS OUT PAIN** THE FIRST ROUND

Comforting relief from pain makes Sloan's the World's Liniment

This famous reliever of rheumatic aches, soreness, stiffness, painful sprains, neuralgic pains, and most other external twinges that humanity suffers from, enjoys its great sales because it practically never fails to bring speedy, comforting relief.

Always ready for use, it takes little to penetrate without rubbing and produce results. Clean, refreshing. Made in Canada. At all drug stores. A large bottle means economy

Liniment Kills Pain 80c, 60c, \$1.20

Benjamin Turner, aged seventy-

12 in. buzz planer, 36 in. band saw, table saw, all in good working condition; 5 h.p. gaso-line engine nearly new. Would exchange for hardwood lumber.

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Lake Ontario Trout and Whitefish, Fresh Salmon, Haddock, Halibut and

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