

A Dyspepsia Cure

M.D. advises: "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Seigel's Curative Syrup in the drug trade." Get the genuine, 50c. and \$1.00 Bottles.

Why Pyramid P

Ask Any Druggist How Repeated Sales Have Made Pyramid the Recognized Treatment.

SEND FOR FREE TRIAL. Mailed free in plain wrapper. It gives you relief. Get a 60-cent box.



You Have No Idea How Wonderful Pyramid Is Until You Try It. Pyramid P. Treatment of any druggist. Be relieved of itching, protruding piles, hemorrhoids and such recalcitrant troubles. A single box has often been sufficient in one night. Send coupon for free trial. Take no substitute.

FREE SAMPLE COUPON. PYRAMID DRUG COMPANY, 488 Broadway, New York, N.Y. Kindly send me a Free sample of Pyramid P. Treatment, in plain wrapper.

Yes, Cold All Gone—Not A Bit of Cough Left. Fed great this morning. As soon as I felt it coming on yesterday I used Gray's Syrup and nipped it in the bud. Just couldn't miss an hour at the office, we are so busy and short-handed. Gray's Syrup is a habit in our family, the folks have used it for sixty years.

GRAY'S SYRUP OF RED SPRUCE GUM. Montreal, D. WATSON & CO., New York.

SEELEY'S BAY IN FAVOR. Of a Consolidated School—Mrs. Hugh Eaton Very Ill.

Seeley's Bay, March 2.—The large number of cases here and vicinity of measles, pneumonia and grippe are all recovering nicely. R. Willis has purchased J. McKenna's farm, near Brewer's Mills. Born to Mr. and Mrs. C. W. Hartley a daughter, last Wednesday. Mother and child are doing nicely.

Miss Tottle Bowers died Feb. 14th, after a few days' illness of the flu. She was aged fifty-one years. Miss Ella Gilbert is able to be around again after several days' illness with grippe. A Lee is moving this week to work a farm near Gananoque.

Mrs. Hugh Eaton is very ill as the result of falling downstairs a few days ago. Small hopes are entertained for her recovery. A meeting of the ratepayers of this school section and several more nearby schools was held in the Masonic Hall on Monday, March 1st, to discuss the matter of building a consolidated school here.

Bath News Budget. Bath, March 3.—Mrs. George

FIRST YEAR

Sports that Make Men Athletics

The Round-Off

"I want to give you a nifty trick to-day," said Beppo when the boys entered the barn. He took a quick step on the mat—place both hands on the canvas and it looked as though he had started a cart-wheel but it didn't finish like a cart-wheel for his body gave a sharp twist and he landed on both feet and the instant his feet touched the mat his body straightened and he leaped high in the air.

That is a Round-Off, and it is one of the most important things a tumbler learns; for it is the start for a row of flips or for a high back somersault in the air. It's the little trick that gives one the speed for a lot of other more difficult stunts.

You take a quick step—when the left foot is forward put both hands on the mat, right hand ahead of the left—now your body goes up as in a cart-wheel—but when in the air, give a quick twist to the left and a hard push from both hands and bring your legs down fast—at the same time lift the body and straighten up. You see my feet landed about where my hands were, and I am facing in the opposite direction from where I started.

He watched them practice for a few minutes and found that the finish of the trick was lacking in "pep," so he made them work on the last part of the trick alone. He had the boys start as though they were going to walk on their hands. But, instead of walking he made them push snappily from their



hands and land on their feet, coming to a straight standing position and to make it still more classy he had them leap high in the air, tossing their heads back and their chests out as they did it. "Fine," exclaimed Beppo, "the last half of the Round-Off is called the Snap-Down, and if you work hard this week you will have both in good style." (Do you kick about pumping the playground? Find out why you have to tomorrow.)

Daily Paragraph for Teachers.

"Feed the Prof." "A full dinnerpail for the poor Prof." "A hundred thousand dollars would pay a Prof's salary for a million years." These were some of the legends on banners carried by Cornell students in a recent parade put on as a part of the drive to increase the endowment of that institution. Your teacher in the public school is not the only one who has a wolf to drive away from his door.

Lucas, Sr., is spending a few days at Fred Amey's. Mr. and Mrs. John McTeague are visiting their son Charles on Amberst Island. Rev. Dr. B. of Albert College, Belleville, conducted services in the Methodist church on Sunday evening last in the interests of the forward movement. Mrs. Martin and Miss Seemuth, of Selby, are moving into the village, to keep house for Rosa Seemuth, a nephew of Mrs. Martin. Faber Covert is quite ill at this home here. George Parks passed away on Thursday last. The funeral services were conducted by Rev. A. L. McTeague at the house on Saturday afternoon. Mrs. William Doyle is visiting her daughter, Mrs. Harry Young. John Forester has returned from a business trip to Toronto and

Guelph. Several from here attended the hockey match at the covered rink, Kingston, on Monday night. Mrs. Thomas Bala, who has been quite ill, is improving. Fell Downstairs; Severely Hurt. Pittsford, March 1.—A sad accident occurred on Thursday afternoon, about three o'clock, when John McCall, formerly of Kingston, who resides with Mr. and Mrs. Robert Barclay, fell downstairs, smashing his nose and gashing his head. He has been in poor health for some time. He was going upstairs, carrying a cup of water. It is thought when he was near the top landing he became dizzy, and grabbed for the banister post, but missed it and fell headlong downstairs, striking his

St. Vincent's Academy.

On Wednesday evening, Feb. 25th, a motion picture play was given in Notre Dame Assembly Hall by Capt. Smith, at the request of the Children of Mary. The children of both the academy and the convent were invited to attend. It was to start at seven o'clock and when the time came the hall was well filled.

The pictures were both educational and interesting. The first one was entitled, "The Raindrop." It showed the journeys of these little things from the time they left the heavens till they reached the ocean. A comic picture was also shown, much to the delight of the smaller children.

My little friend, Mary Fox, from Napanee, who was visiting in Kingston, came along with me and enjoyed it very much. Piano music was rendered by Mrs. Smith and was appreciated by all. Everyone present was very grateful to the manager of the Strand Theatre, from whom the pictures were procured, and to Capt. Smith, who gave us such a pleasant hour's entertainment.—Teresa McCullough, Junior Fourth.

A Legend. One morning a poor old woman was sitting in her armchair. An angel appeared to her and assured her that our Lord would pay her a visit that very evening. She set to work to clean her house, and watched all day for his arrival; but he did not come.

A wet night set in, and presently there was a knock at the door. Trembling with excitement, she opened it and saw only a poorly clad little boy, who begged for food and shelter. What was she to do? The house was spotlessly clean and all was ready for the Master's visit. How could she let in a dirty beggar? So she contented herself by giving him a trifle and telling him to seek shelter elsewhere.

The beggar boy turned to go—suddenly he changed and stood before her bright and glorious, then disappeared. The poor old lady heard a voice saying: "As long as you did it not to one of these least, neither did you do it to Me."—Marion Cliffe, Junior Fourth.

Cataract School.

Never Put Off. At a composition examination held last week in the Jr. 3rd class one of the questions given was to tell a story to illustrate the saying: "Never put off till tomorrow what you can do to-day." The following are a few of the answers given:

A man who owned a cheese-factory said that the boiler needed a patch. He thought it would be all right to wait until the next day to fix it. When he was eating his breakfast he heard a great boom and went outside to see what the matter was. He found that the boiler had burst and as the factory on fire. He had put off too long the mending of the boiler.

One day a little girl was told by her mother to do something, she said she would do it the next day. When the next day came her mother again told her to do it and the little girl made such a fuss about it that her mother gave her the strap and after that she was always good.

My mother one day was going to scrub the floor but was tired from her other work and so she said to "Oh! I will leave it till tomorrow." But the next day my aunt and uncle came in. I said, "Never leave it till tomorrow what you can do today." Some people who put things off cannot do them the next day. Some-

head at the post at the bottom, cutting a clear gash about one inch and a half long. A doctor was summoned at once. A trained nurse, in the person of Miss Mabel Bell, was visiting at the home of her sister, Mrs. William Brash, who was called to the scene of the accident and did all in her power to stop the flow of blood. Dr. Sinclair, of Gananoque, soon arrived and bound up the wounds, putting five stitches in Mr. McCall's nose. Mr. McCall's many friends hope for his quick recovery.

Collins' Bay Notes. Collins Bay, March 2.—The people of the village and surrounding country are getting in their ice. It is twenty-four inches thick in the bay. Mr. and Mrs. George Ellerbeck entertained a number of their friends on Tuesday evening. Mrs. B. Rosa is spending a couple of weeks with her niece, Mrs. W. J. Smyth, Sunny-side. Mr. Rowley has returned safely from his trip to England. Miss A. MacFarlane, of Joyceville, is with her sister, Mrs. D. Baker. Mrs. S. McDonald, has so far recovered from her illness that she is able to be out again. Mrs. William Tait, Plenton, visited her aunt, last week. Mr. and Mrs. J. Asseltine spent Sunday at Norton Asseltine's. Miss Edna Asseltine is visiting her sister, Mrs. Fred Potter, Elginburg. Among those on the sick list are: Miss Roxie Frink, Miss Marion Rankin, Mrs. T. F. Vanliven, Mrs. H. E. Bell and little Reginald Watts.

Sharbot Lake Tidings. Sharbot Lake, March 3.—Rev. P. C. Watson arrived from Plevna Monday evening, and is getting settled. He will commence his services Sunday morning at Sharbot Lake. The machinery for work on the new bridge across the lake is being rapidly unloaded and placed ready for work. Among our visitors are Mrs. King, formerly teacher in the Sharbot Lake school, who is visiting friends here, and William Pappa, from Northern Ontario, visiting at his home here. Miss Mildred Grey has gone to Napanee. John Peters, sr., has moved in from his farm, which he has sold to the Belleville Creamery Company, to his new home, which he has bought from Charles Gordon. There is a lot of sickness around. Robert Hawley, who was thought out of danger, has been very ill again. Mrs. D. Buchanan is also seriously ill at her home. E. Smith was in Kingston Tuesday evening.

More than 25,000,000 rabbits were killed in one year, in New South Wales in drives by farmers.

The All Round Girl

Red Cheeks and Pep. Katy Did and Katy Didn't. "Oh, I beg your pardon!" said Katy as she accidentally pushed against a woman in the crowded car.

"That's a polite girl," remarked the woman to her companion. "Katy overheard her and a feeling of pride surged in her. "Mother is right," she mused. "It does pay to watch your manners. I wish I could always do the right thing at the right time. The Palmer girls certainly know how to make people like them. They do nice little things for everybody and seem so good natured and happy."

As Katy stepped off the car, she met one of the girls, "Hello, Katy," she called. "Come along while I buy the groceries." The girls went into the store and stood before the counter. A large fat woman thrust her way right in front of them. "Give me a dozen eggs," she said to the clerk in a bossy tone of voice.

The girls felt resentful, but could not keep from giggling. The woman glared at them, and, as she turned to go, dropped her purse. Katy stooped to pick it up, but her friend pulled her back, saying, "The fat old thing look after herself."

When Katy reached home, she kept thinking about the woman and the purse, and felt a little bit ashamed. Courtesy would have cost her nothing and would have helped that impolite woman a great deal. "People respond to kindness," she said to herself. "Go, manners and a cheerful voice make everybody like you. When people are

ready for sailing. In the early days of North America the Indians used the rivers and lakes as water-ways. Their boats were clumsy and heavy simply because they were only hollowed out of the trunks of trees. Among the savage Indians of those days there lived an Indian called Hiawatha. One day as he was rambling through the woods a bright idea entered his mind, when he started to work to make one.

He first went to the birch tree and with his knife cut two rings around the tree one just below the lowest branches, and the other just above the roots. Then right down the trunk from the top ring to the bottom one he cut the bark in two. With a wooden wedge he raised the bark from the tree, without breaking it. He then went to the cedar tree and got boughs and made a frame work. With the aid of fibres he sewed the frame work and bark together. Then he went to the fir, and got the resin and filled the cracks and holes so that the water could not enter. From this all the seams were made watertight, then the light and safe canoe was ready for sailing.

He gathered some quills from a porcupine and pointed them red, yellow, and green, with juice he got from berries and roots. He made a girdle around the waist of the canoe and fashioned two shining stars on its breast. When all the Indians saw what Hiawatha had made they gathered around and made a feast in his honor. Hiawatha worked all the summer making new canoes and that was when the first canoe came into use. Today we use the canoes for sporting, not to carry on trade, as the Indians did.—Nellie Gollygoly, Junior Third, St. Vincent's Academy.

WHAT IS IN PROSPECT. Favor Amalgamation of Cheese Factories. Belleville, Ont., March 4.—The proposal to effect the amalgamation of the cheese factories in the Central Ontario district was considerably advanced at a meeting of dairymen representing some eight factories in the Madoc district. Those present included presidents, salesmen, patrons and leading shareholders of the factories, also some of the Reeves and deputy Reeves of adjoining townships.

The chairman was J. A. Oakley, of Madoc county, director for the U. F. O. in Hastings. It was unanimously decided in favor of amalgamation, and factory meetings will be held to give all patrons an opportunity of joining the movement. At Eldorado, three other factory representatives voted in favor of the proposal.

He who has never been troubled has read but one chapter in the book of life. SICK HEADACHES CONSTIPATION. If you have suffered from constipation for years, tried doctors and all the remedies you ever heard of or read of, without getting relief, if you have been subject to all the miseries associated with constipation, such as sick and bilious headaches, biliousness, specks floating before the eyes, water brash, heartburn, jaundice and the painful, troublesome, interminable, bleeding or protruding piles, etc., wouldn't you consider it a blessing to be able to keep the bowels in a good healthy condition and prevent disease getting a foothold on your system.

Milburn's Lax-Liver Pills are indicated just for this purpose; their regular use relieving the worst cases of constipation. Mrs. Malcolm McDermid, Cranston Station, N.S., writes:—"I have been sick for a number of years with sick headaches and constipation. I tried all kinds of doctor's medicine, but none did me any good. I tried Milburn's Lax-Liver Pills, and after using four vials I am completely cured and would heartily recommend them to all sufferers."

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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 base 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 healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

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