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> SORE THROAT DE THOMAS'

# When You Get

up "tired as a dog" and sleep is full of ugly dreams you need

Fatigue is the result of poisons produced by exercise or failure to digest food proper-ly, and eliminate it promptly with the aid of liver and kidneys.



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## From The Countryside

#### FRONTENAC

BUNKER'S HILL

March 16 .-- As a result of the thaw there is a great deal of water in the wells. The crows have made their appearance again. Sanford Leeman and James Wilson made a trip to Godfrey. John Babcock is drawing hay from his home to James Wilson's. A. Hoppin's mine is run-ning and rock, is being drawn to Godfrey. The fields are flooded with

ren's: Miss Mary Hamilton spent
Sunday with Miss Dora Carr. John
Comboy, who has been ill with the
grippe, is able to be around again.

Burdock Blood Bitters has been on
the market for over 40 years. Manufactured only by The T. Milburn Co.,
that the war is over it appears that A number around here were sorry to Limited, Toronto, Ont. hear of the death of Miss Nettie Anderson of Bathurst who died on March 10th.

LAKE OPINICON. near Elgin. Mrs. J. McLean spent a anee last, week. hood, Mrs. P. Wright, Ottawa, spent Mrs. R. McMaster, a daughter. a few days at her home, here. Mrs. A. Darling and daughter, Marscella, spent a couple of days in Kingston

ST. LAWRENCE. recent thaw. R. Michea, Pittsburgh. made a business trip through here daughter, Gladys, Pittsburgh, visited friends here last week. C. Gillespie and R. McFadden have filled their The "On-we-glide" orchestra of ice houses. Mr. and Mrs. John Niles Napanee assisted the club with many spent Thursday in Kingston. Mrs. choice selections. This club has W. Ranous and Miss Ethel have re- kindly offered by means of concerts turned from visiting friends in to raise money to re-seat the town-Kingston. Miss Madeline Holliday ship hall after the contemplated imwith her grandparents, Mr. and Mrs. provements are made. George Ranous. Mr. and Mrs. R. man's. Mr. and Mrs. V. Greenwood the Hotel Dieu, Kingston, is improv-R. Keslar and daughter, Arlowene, and Mrs. Keegan at W. J. Horne's. In spite of the inclement weather and bad roads, Mr. Cleary, mail carrier, made his trip to the foot of the island on Friday.

#### LANARK

FALLBROOK.

March 15 .- The sympathy of the ommunity goes out to Frank Darow nd his family in the loss of a kind, ife and loving mother. Mr. Darow nd family were taken ill of flu. Mrs. larow was the last one to take it, nd, being of a delicate nature, was nable to struggle through the dread isease. The best medical skill was attendance, and also a skilful urse, Death ensued on Sunday orning. Her daughter, Miss Clara vas with her most of the time. Another daughter, Miss Margaret Darow, who is a teacher at Ladore, arrived home a few hours before her mother passed away. The funeral was held to-day, at two o'clock, to Playfairville cemetery, where interment was made.

EMERALD CISTERNS FULL.

Three Births are Reported—Rural
Mail Courier III.
Emerald, March 15.—The rains during the past week were much needed as wells and cisterns were nearly dry. There is plenty of water now, but the roads are in a bad condition. The people on R.R. No. 2 have had no mail for the past two days, owing to the illness of the courier, J. Beaubien. E. Wemp has rented M. Reid's farm and is moving into a part of the house. Mrs. Charles McGinn who underwent a successful operation for appendicitis

#### Inflammatory Rheumatism Cured by B.B.B.

Rheumatism is a constitutional dilease, caused by the uric acid in the blood. It manifests itself by pain and lameness attacking the muscles and joints of the body, which often swell and become hot and inflamed.

Anyone who has suffered month after month, and perhaps year after year, with rheumatism, and who has tried remedy after remedy in the hope of relief, and without success,

should not give up hope.

Burdock Blood Bitters by invigor-

of Deseronto spent a few days with "The edict has gone forth that March 11.—The farmers are able her sister, Mrs. J. McKee. Herman Guards' officers off duty in London to get in the woods to cut wood. The Sillard, who has been located in have got to wear tall hats and morn-school has been closed for a couple Albany, N.Y., for several months, reing coats. Many will rejoice at the of weeks, Miss Good having been turned to his home last week. Earl decision. called home, owing to the death of C. Kopp, of Albany, N.Y., is visiting her father. E. Alexander and family friends here. E. Wemp is visiting men have undoubtedly been slack have taken up residence in this friends in Kingston and Gananoque. about their clothes. We have even neighborhood. Frank Smith and Mr. and Mrs. H. Reid and little family have moved to their new home | daughter spent a few days in Nap- ties in dinner jackets and black ties,

have moved back in this neighbor- H. McGinn, a son; and to Mr. and most ceased to make glad our fash-

Plays Presented at Odessa. atic Club, under the auspices of the conventional tail-coat and white tie. March 13 .- Travel on the roads I.O.O.F. was a great success. Two short plays, entitled, "The Blundering Mr. Brown" and "The Teaser" were given. The hall was crowded to capacity. The clubsheld the attention of the large audience for three hours. Each part was well taken.

Miss Lorraine Snider, who has Eves, Simcoe Island, at Sam Wood- been seriously ill of pneumonia in little son, Garfield, Kingston, are guests of Mr. and Mrs. Joseph Mc-Connell. A baby boy arrived last Sunday to make his home with Mr. and Mrs. Bernard Oswald. Miss Isobel Mathews has returned from visiting her sister, Mrs. Herbert Mc-Call, Fredericksburg.

> Mrs. Mary B. Nasn, age eighty-five ears, died at her home March 12th, of natural causes. She was born in Brockville, Ont., and went to Toronto about two years ago.

> It's a great pity that the average as he can draw an inference.

## WITH FINGERS! CORNS LIFT OUT

reczone is magic! Corns and calluses lift right off-Doesn't hurt a bit



successful operation for appendicitis in the Hotel Dieu, Kingston, is improving nicely. The many friends of G. Wemp, who was operated on for appendicitis in Kingston General Hospital, will be pleased to know he Hospital, will be pleased to know he corn or callous stops hurting, then on St. Patrick's Day in 1846, just Hospital, will be pleased to know he is expected home this week.

Miss Mabel Detlor, nurse-in-training at Kingston General Hospital, visited with her sisters, Mrs. P. Howard and Mrs. E. McDonald recently. Ernest Wolfreys, who spent the winter in Toronto, has returned. He was accompanied home by his So simple. Why wait? No hum.

Englishmen Now Return

To Conventional Clothes, Silk Hats and Dress Suits

HE Englishman who did not scruple to appear at the Paris Opera of Sunday evening in a golf jacket and knickers was, in the days before the war and in his own England, notoriously a stickler for dress regulations. These dress regulations, which the rest of the world, the formal part of it, strove to follow, were the Engating the digestive organs and elimi- lishman's own invention, and prenating the uric acid from the sys- scribed with a particularity unknown tem, will give prompt and perma- to any other Western nation the proper costume for social appearances at Mrs. D. Barry, Purlbrook, Ont., all hours of the day. They gave the writes: - 'I feel it my duty to let you gentleman's gentleman a steady job. know of the great benefit my hus- the tailors a dependable income, and March 15.—The roads are in a very bad condition owing to the recent snow storm. Josie H. Warren has returned from Perth, Mr. and Mrs. Joseph R. Bourke, and Mrs. Townsend and Miss Sarah and Joseph spent Sunday at Joseph Warren's: Miss Mary Hamilton spent.

that the war is over it appears that the Englishman is resolved to take spending a month with friends at Watrous, Sask. Mrs. W. J. Beaubien the London Daily Mail.

"For some time past our young been going to dances and dinner parwith never a thought of a by-yourcouple of days this week in Kings- Born, to Mr. and Mrs. Fred Rich- leave or an apology. And the morn-ton. George Franklin and family ards, a daughter; to Mr. and Mrs. ing coat and the tall hat have alionable promenades.

"Before the war to go to a dance in a dinner jacket was considered Odessa, March 15 .- The concert to be showing ill manners toward given in the township hall last one's host, and it was very unusual Thursday night by the Odessa Dram- to go to dine in anything except the

"With the war strict rules for men's dress lapsed. For one thing many men had packed and stored their belongings, leaving behind them just a suit-case of mufti for use during their leave. Also there sprang into being a large number of public dancing places to which men went with their own parties and had no to consider. These dancing places are still with us, and the cas-

ual ways of their frequenters linger.
"The Guards' edict, to which I have referred above, will give a lead to many London hostesses who have strong views on the subject of this regrettable slackness in dress. They will now no doubt take the necessary action to insure that the custom we acquired during the war of wearing whatever was most comfortable to us, regardless of the occasion, must

"And the lead of the Guardsmen will be widely followed by other young men about town. Some men will grumble at having to get out their tail coats again, at the in-crease of laundry bills, at the discomfort of tall hats.

"The other day I heard a man inveighing against the tail-coats on the following grounds. A tail-coat, he said, was considered calmly in the light of its construction—a most useman cannot draw a cheque as easily less object. It was a relic of a bygone time when a man rode a-horseback to visit his friends and needed something to keep the seat of his breeches warm. It was a garment which, like top-hats for cricket, should long ago have been abolished. "So reasoned my friend. I am not prepared to argue with him. All I would say is that until tail-coats are abolished they may as well be worn

on the specified occasions. Never to know when one goes out to a restaurant whether the other men of the party will be wearing black ties or white provides an element of unnecessary uncertainty. "However, on one point I have strong views. In the days before the war few men of fashion cared to hunt with hounds less they wore pink. A

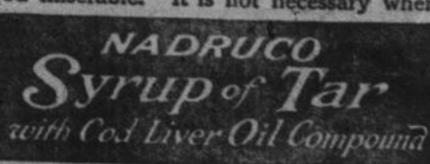
pink coat was derigueur among offi-cers of the smarter cavalry regiments. "There is also a movement on foot to revive this custom. I cannot help thinking that a man who turns out clean and neat shows his respect sufficiently for hounds and that, in these times, the revival of pink coats is a hardship on man; young fellows for whom hunting is none too easy in any tase. Pink coats cost 25 guineas each."

Second Oldest I.O.O.F. Lodge. St. Catharines, March 17.—Today, Union Lodge No. 16, of this city, which is the second oldest lodge of

He was accompanied home by his So simple. Why wait? No hum-thing doing when her husband comes brother, Albert. Mrs. John Reid isbug!

# Don't-Hack and Cough!

until you make yourself and everyone near you miserable. It is not necessary when



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BRINGING UP FATHER

BY GOLLY-I'LL HAVE

TO GIT SOME BOOY

WAITER OF MINE

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BY GOLLY -IT'S TOUGH TO PAY TWO DOLLARS FOR THAT STEAK

