

INFLUENZA BREAKS YOUR VITALITY

If Leaves in its Wake Poor Blood, a run-down Nervous Condition

No Strength, No Ambition, No Energy

Vinol is Guaranteed to Make Rich, Red Blood, and Build You Up

If you are just recovering from influenza or any severe sickness, you need VINOL to restore your old time strength, energy and vitality...

VINOL is the one Remedy that is guaranteed to help you. Your druggist keeps it, so do not accept substitutes.

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases.

GOLD MEDAL RABBIT OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1896.

VICTOR

Columbia, Edison and all other makes of Talking Machines repaired, adjusted, and cleaned.

J. M. PATRICK

149 SYDENHAM ST. Phone 2056J.

Coughs and Colds Mean Restless Nights

which sap the vitality. Danger lurks in every hour a cold is allowed to run.

GRAY'S SYRUP OF RED SPRUCE GUM

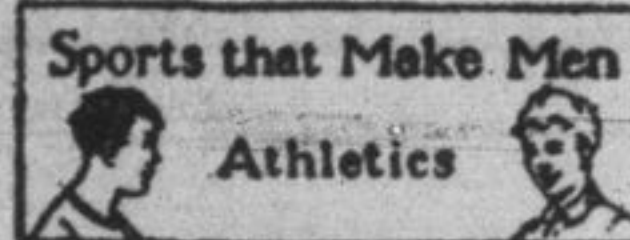
FREE TO Pile Sufferers

My internal method for the treatment and permanent relief of piles is the only one.

Let Me Prove This Free. My internal method for the treatment and permanent relief of piles is the only one.

Free Pile Remedy. My internal method for the treatment and permanent relief of piles is the only one.

FIRST YEAR



Sports that Make Men Athletics

Boys Learn Real Trick Beppo Teaches Head-Spring

"I'm going to give you a regular clown trick today," said Beppo, "but before I show it you must learn the head-spring."

The boys tried it and found that their practice on the hand-spring had given them the training that made this trick easy.



flash, he took two steps—bent over quickly—stuck his head into the hat—and with a firm push from head and hands turned a head-spring and came to his feet with it perched on his head.

He tossed the hat to the boys and they began to practice. They found that it was a little more difficult to do a head-spring when a definite object had to be hit each time.

(Tomorrow Dad tells why you should retard the spark.)

Kid Brother, Hero of Home. Who's the little dickens who is always when you don't want him and never on deck when you do?

Who's the wise little fellow who is more successful than anyone else in extracting a nickel from sister's best bear?

Who is always willing to run errands for anybody in the family—for a piece of candy?

Not Enough Breakfast. School boys and girls don't eat enough breakfast, says Mrs. Fannie M. Perkins, a principal in the Toledo schools.

Spain is the sunniest country in Europe.

A Number of Property Transfers Are Announced.

Athens, March 23.—John Mulvena has sold his farm, Delta road, to David Young, Hard Island.

John Biglow and family have moved to the Mooney house, Delta road.

James Roman, Henry street, has sold his farm, a few miles out, to E. Shea.

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Notre Dame Convent.

The Falcon of Ser Federigo. Ser Federigo was sitting in his cottage door, lost in a sad reverie.

The sad reverie was of Monna Giovanna. This was the lady Ser Federigo loved, and had made her his bride.

The boy made daily visits to the cottage to play with the falcon. Each day Ser Federigo became more attached to him.

After a very cordial greeting, Monna Giovanna said, "Putting all pride aside I am a self invited guest."

Queen Victoria. When Victoria was only a little girl, it was almost certain that she would become Queen of Great Britain.

One day Queen Victoria was studying her history. She came to William IV, and wondered who would succeed him.

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borne House, her winter residence on the Isle of Wight.—Cecilia Burke, Form I.

Glaciers. A very long time ago the northern parts of Europe and North America were covered by a great mass of ice.

The ice of glaciers is formed by the accumulation of snow, which, for many years, has been packed into a soft mass by its own weight.

Lakes and waterfalls are also due to the work of glaciers. As the glaciers were away the rivers began to flow.

Glaciers have done much important and necessary work. These points show only a few of the many wonderful things they have done.

Bowser. Bowser is only a horse, but he knows how to behave when he wears his Sunday suit.

Bowser drags a cart on week days; on Sunday he goes to church with his buggy.

One day Bowser had a set of new shoes. When the blacksmith put them on, he drove a nail into one of Bowser's feet.

"Hello, Bowser!" cried the blacksmith. The poor horse said nothing, but he walked up to the man and held out his aching foot.

The happiest bird of our spring is the bobolink. He arrives when Nature is in all freshness and fragrance.

Now is the chosen season of rivalry of the bobolink. His little notes are all enjoyment. All songs and sunshine.

As the year advances, the clover blossoms disappear, and the spring fades away into summer.

Next hear of him with myriads of his kind, banqueting on the reed of Delaware. He has changed his name in travelling.

One old December morning as I was driving along the edge of the woods to school I noticed a yellow shrub.

I looked at it very closely but could not tell what it was. I could not think of any plant blooming in the woods in December.

It was the witch-hazel shrub, which, I got back into the cutter again much absorbed in thought.

Grace, who have been spending the winter at Morton, have leased the Gordon Ferry house, Wellington street.

George Lee has stored his household effects in a part of the Scott house, near the C.N.R. station.

Held a Memorial Service. Charleston, March 22.—The snow is fast disappearing, and wagons and buggies are taking the place of cutters and sleighs.

Mr. Benjamin Livingston, corner of Elgin and Central streets, has leased his farm near outside of Corners, to Mr. and Mrs. Ernest Bogart.

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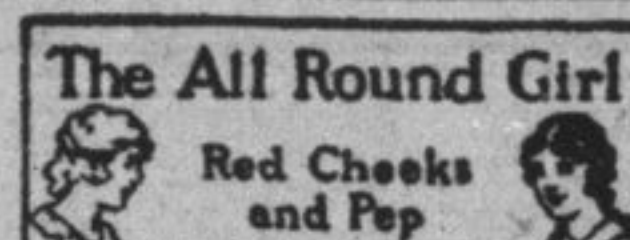
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The All Round Girl

Red Cheeks and Pop

Planning, Judgment, Taste Make Old Rooms Like New

"Mother," said Lucile, "I'm dead tired of this paper in my bedroom and all the furniture and trimmings."

"It isn't what you have in the room that makes it tiresome, Lucile," laughingly answered her mother.

Then followed for Lucile one of the most exciting times of her life. She studied her bedroom carefully.

The furniture of course, is not new, but if it is done over properly, it can be made to look very artistic.

Just let me give you a suggestion! A beautiful room must combine taste, simplicity, harmony of colors, and, very important, a judicious use of the unusual.

Lucile drew many plans of the room.



showing the furniture in different places, and finally decided upon the arrangement she wished.

All the pictures except two, and all unnecessary things were wrapped and packed away.

(Tomorrow, Making money from your camera.)

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Lumber-- We have on hand a well Assorted Stock of Spruce, Pine & Hemlock Allan Lumber Co. Phone 1042. : : : Victoria Street

I am 74 years old Saturday. I have some peach for a 74 year old. My arms Coast to Coast. Saturday. Robinson.

The dance-mad feet of the Nation step blithely toward an evening of joy when there is music at your own fireside. THE GREENE PLAYER PIANO. We are the sole distributor in this community of the renowned New Edison. The J.M. Greene Music Company, Limited. The Home of Good Music. Princess Street.

Party-Line Consideration. A two-party line is a single circuit, shared in common by two subscribers. It is not reserved for a single user and should be used on the share-and-share-alike basis. On a two-party line, it is possible for both users to talk out on the same circuit at the same time. Therefore, there are special considerations which we urge a party-line user to keep in mind. The Bell Telephone Company of Canada.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN. Not Aspirin at All without the "Bayer Cross". For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and Rheumatism. Lumbago, Sciatica, Neuritis, take Aspirin, marked with the name "Bayer" or you are not taking Aspirin at all.