Getting Rid of a

adding a little sugar and enough wa-

ter to fill a half pint bottle.

will know exactly what you want.

and mucus follows.

Then She Took "FRUIT-A-TIVES" And Has Been Well Ever Since



MADAM SLOAT

PERTH JUNCTION, N.B., Jan. 22nd, 1920

while Rhenmatism in my joints made me almost a cripple. was treated by two different doctors but their medicine did me no good.

tism began to go away, and in a few months entirely disappeared. For twelve years now, my health has been first class, and I attribute it to the use of "Fruit-a-tives" which I take regu larly".

Mrs. CLARA SLOAT. 50e a box, 6 for \$2.50, trial size 25e. At dealers or sent postpaid by Fruita-tives Limited, Ottawa.



Cold! Lumbago, Or Stiff Back

Old St. Jacobs Oil will stop pain and stiffness in a

acts almost like magic.

relief from soreness, stiffness, lameness and pain follows a gentle rubbing with St.

Jacobs Oil. Rub this soothing. penetrating oil right on your painful back, and relief comes. St. Jacobs Oil is a harmless backache, lumbago and sciatica liniwhich never disappoints and doesn't burn



the skin. Straighten up! Quit complaining! Stop those torturous stitches. In a noment you will forget that you ever had a weak back, because it won't hurt or be stiff or lame. Don't suffer! Get a small trial bottle of old. honest St. Jacobs Oil from your druggist now and get this lasting relief.

SHILOH STOPS THAT COUGH For grown-ups or children. Safe, sure and efficient. Small dose means economy and does not upset the stomach. At all dealers, c, 60c and \$1.20.

Spring Is Here---

to purify the blood, tone up your nach and make you feel bright and healthy. Take

ine this spring. At all druggists,

Miss M. Bayington Tells How Cuticura Healed Her Scalp

"I was troubled with a scalp rouble for several weeks. It broke out in pimples and my hair fell out.
My head itched and burned a great
deal. I tried different remedies without success. I saw Cuticura Soap and Ointment advertised and sent for a free sample which helped me. I purchased more, and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Marian Bayington, Prentiss, Maine,

Keep your skin clear by using Cuticura Soap and Ointment for cura Talcum to powder and perfume.
Bathe with Cuticura Soap and hot
water. Before bathing, touch pimples and itching, if any, with Cuticura Ointment. Dry and dust lightly with Cuticura Talcum, a powder of

Cuticura Soap shaves without my

legs in Wisconsin in March and are cowards. Bleeding pine trees for turpentine facts of life—we won't dispute this

Sunday Services in Churches

St. Paul's .- Morning prayer, 11 and Wellington. Sunday school at ing prayer, 7 o'clock. Preacher Can- and 7 p.m. Subject, "Reality." on FitzGerald, M.A.

ers welcome.

at 7 p.m. Minister will preach at speak on "Is Christ's Coming both services. Sabbath school at 3 Blessed Hope of the Church?" p.m. All welcome

Wm. Browning, the evangelist, will hear him, preach Sunday evening. You are in-

"For many years, I was a great Wilson, D. D., minister at both services. Sunday cussedness-small or large-and put the opposition of those whose compresufferer from Indigestion, Constipation 11 a.m. and 7 p.m. The minister will school, 2.45 p.m.; Epworth League, real energy into worth—while jobs just hension of the significance of the Kingand Rheumatism. My Stomach was preach at both services. Evening Monday, 8 p.m. Debate, "Resolved ahead. weak and gave me constant distress, subject: "Jesus and Liberty." You that it is possible for the country

Taylor Dale, will preach at 11 a.m. vices. Then I tried "Fruit-a-tives" and at and 7 p.m. Your prayers and presonce that fruit medicine helped me. ence respectfully invited. Sunday Soon the Constipation and Indiges, school, 11 a.m. and 3 p.m.; Bible cess and Montreal streets—Song ser- wander into the darkness of sin or in-

> Sydenham Street tor's class at close of morning ser- will enswer these questions on Suncial hour after evening service. You God's word as unequivocal evidence. great service. are welcome.

St. George's Cathedral-Fourth

St. Luke's Church, Nelson street. Sunday school and bible classes; 4 school. p.m., holy baptism; 7 p.m., evening prayer. Music-Anthem, "Rock of Ages" (Dudley Buck.) Friday 7.50 p.m., Lenten services.

Calvary Congregational Church. Charles and Bagot streets .- Pastor. Rev. A. F. Brown, 144 Barrie street. Phone, 1886w. Sunday, 11 a.m., top-Quickly?-Yes. Almost instant Witnesses." Monday, 8 p.m., Christian Endeavor: Wednesday, 8 p.m., prayer meeting. Everyone welcome.

Solemn Warning."

Johnson street, between Bagot Shepherd).

o'clock; Sunday school, 3 p.m.; even- 9.45 a.m.; Sunday service, 11 a.m. every afternoon, except Sunday and St. Andrew's-Rev. John W. holidays, 3 to 5 o'clock and Thurs- half pint at home. Stephen, minister. Services, 11 a. day evening from 7.30 to 8.30 m. and 7 p.m., conducted by the min- o'clock. All are cordially invited to ister. Students, soldiers and strang- the services and to the reading-room.

Zion Presbyterian church-Ser- day, March 26th, at 7 p.m. George membrane of the nose and throat. It clied vices, morning at 11 a.m.; eyening Bentley, English evangelist, will halts the inflammation, the tickling lantern views and address to child-Bethel Church, cor. Barrie and ren. Mr. Bentley is speaking on Johnson streets. Services, 11 a.m. Bible themes every night except Satand 7 p.m.; Sunday school, 3 p.m. urday, at 8 o'clock. Don't fail to

Princess Street Methodist Church -Rev. J. A. Waddell, minister. cowards-in jail or out of it-it would Chalmers Church. - Rev. R. J. Services, 11 a.m. and 7 p.m. The be great if we swore off on all kinds of ern times, were compelled to withstand church to do more good than the things on earth. city church." Prayer meeting, Wed-Cooke's Presbyterian Church, nesday, 8 p.m. Strangers and visit-still more precious, because they're the Brock street-The minister, Rev. W. ors cordially welcomed to all ser-only things on earth that will endure-

Present Truth Hall, corner Prinvice, 7.15 p.m.; preaching, 7.30 p.m. difference. Subject: "The Perils of Spiritual-Methodist ism." To what extent is the world church-R. H. Bell, minister will in the power of spiritualism? Is it work than he who might save the whole meeting, A. Shaw, 9.45 a.m. Pas- minent danger? Evangelist Joyce All come; you are welcome.

Sunday in Lent. The Beginning of | First Baptist Church, Sydenham the Lenten Mission. Services: 8 a. and Johnson streets.-Rev. J. S. La Holy Communion; 11 a.m., mat- Flair, pastor, 11 a.m., Rev. S. S. ins; 3 p.m., Young People's Service; Bates, D.D., of McMaster University, 7 p.m., Mission Service. Missioner, Toronto, will be the speaker; 2.45 Rev. Ensor Sharp, M.A., Toronto. p.m., Bible school; 7 p.m., Sermon out of harmony with God's plan. It Pink Pills develop the appetite, tone theme, "Christ, or ---?" The pastor will preach.

Union street Church: 7 p.m., Pub-Rev. J. de P. Wright, M.A., B.D., lic Worship, W. J. Walker, of the rector. Fourth Sunday in Lent. 11 graduating class in Theology at a.m., morning prayer; 2,30 p.m., Queen's, will preach. 3 p.m., Bible

Queen Street Methodist Church-Anniversary Services. Special preacher, Rev. W. T. G. Brown, B.A., B.D., of Dominion Church, Ottawa. 11 a. m., "The Fourth Beatitude." Music: organ prelude, (a) "Consecration" (Adolphe Coerne) (b) "Spring Day" Ah! Pain is gone! St. Jacobs Oil ic, "The Great City." 3 p.m., Sunday (Ralph Kinder); anthem, "In Heavschool; 7 p.m., topic, "The Cloud of enly Love Abiding" (Shelley), Offertory prelude, Pastorale, (Sullivan). Offertory Quartette, "How Long Wilt Thou Forget Me," (Carl Pflueger), by Mrs. Evans, Miss Stagg and Messrs. Middleton and St. James Church, cor. Union and Gask; Postlude, Festal March (Bos-Arch streets .- T. W. Savary, rector, let). 7 p.m. "The Authority of the rectory, 152 Barrie street. 8 a.m. Christ." Music: (a) Organ prelude holy communion; 11 a.m., morning in B flat—(Rudolph Bibl); (b) An themes, but it is clearly manifest that prayer and litany. Sermon subject, Elizabethan Idylle (Tertius Noble); the subjects discussed and the books be- disappoint you. "Prayer, Its Conditions." 3 p.m., Introit, "Now, Oh Lord" (Wolster- ing read regarding religion are very dif-Sunday school; 7 p.m., evening pray- holme); anthem, "The Day Is Past ferent from the purely devotional suber and sermon. Sermon subject, and Over" (C. Marks); Offertory jects which interested them a decade "Studies in the Life of St. Peter. The prelude, "At Twilight" (Frysinger); offertory solo, "There Is a Green Hill" (Gounod), by L. W. Gask; First Church of Christ, Scientist, Postlude, Grand Choeur (Ernest

Saints Ostracized, Then Canonized

By the Rev. Charles Stelzle.

ly they are convinced of it, the more nerve to stop altogether. eager they are to be told it again and to pay extra for listening to it.

That's why the most "popular" preachers are those who have the knack of saying commonplace things in a sensational fashion-not the "prophets" who see a generation ahead of their time and urge the people to come up to the ideals which they have seen in their most exalted visions.

That's why the politician who always gets away with it is the one who keeps his ear to the ground so that he can hear what the people are saying, so that he can tell it to them again in his own language-not the statesman who has ort. Brew a cup each night for thought through the great questions of the family and feel the day and isn't afraid to tell the pub-

lic what should be done about them. Of course, when a real man with a genuine message does make good he begins a revolution which never stops until his dream is realized, and there's no need in being discouraged about things, for even though the great preacher or the statesman is apparently unsuccessful, he invariably succeeds in enlisting somebody else who, perhaps in the following generation, puts across the "big

It's easy enough to prove an "alibi" when the big job should have been done-but alibis never get you anywhere-they're generally framed up to prove that you "weren't there."

When the roll is called they won't ask you where you didn't go, and what you fidn't do, but what did you "get across." Our sins of omission are more numerous than our sins of commission. The things we failed to do will make

pretty good-sized record. Some of us are too all-fired lazy to do even a wrong thing heartily-we fall down not because we're so very good, but because we haven't the punch to put anything over in a big way-whether it's bad or good.

We sin in small ways because we're uilt on a small pattern. We're guilty merely of "petty larceny not because we did not covet the "thing that would have sent us to the penitentiary for life, but because we hadn't the nerve to be "regular" cri-

Maybe this is stating it rather blunt-It is against the law to serve trogs' somebody who'll tell us that criminals

People will pay for being told what criminal, it does require nerve to finish do so anyway. It is simply a question they already know-and the more firm- the job, although it requires still more whether the church will be broad en- eral teams hauling ties from Maple And so, whether we're criminals or crated Christian men or whether they



"I'm So Tired"

HERE is such a thing as being temporarily tired as a result of hard work. This condition is relieved by a good night's rest. tion and feel the ordinary

But when you are continuously tired at slight exerdaily tasks too much for you, it is time to consider the condition of the nervous system.

You find yourself easily irritated and worried, you have not the energy and strength to carry out your usual daily program, you do not sleep well and get up tired in the mornings, you may have headaches, and you feel down-hearted and

Your nerves are tired, weak and exhausted, and you need the assistance which is best supplied by Dr. Chase's Nerve Food.

Miss Amy L. Metcalf, R. R. No. 3, Arthur, Ont., writes:-

"I have used Dr. Chase's Nerve Food with the most favorable results. One spring I was very weak and run-down, and did not sleep well. I was very nervous and would cry for any little thing. My heart was weak and my head ached almost constantly. The ached almost constantly. The doctor's medicine did me no good, and finally I began to take Dr. Chase's Nerve Food. After using six boxes of this medicine I felt fine. I have never used anything which has done me as much good as Dr. Chase's Nerve Food, and I have also found Dr. Chase's Kidney-Liver Pills an excellent remedy.

("This is to certify that I know Miss Amy Metcalf, and believe her statement with regard to Dr. Chase's predicines to be truthful and correct."—A. R. Springer, Methodist Minister, Arthur, Ont.)

Dr. Chase's Nerve Food, 50c a box, all dealers or Edmanson, Bates & Co., Ltd.,

shall feel compelled to seek a home Stubborn Cough is

While it would be unfortunate for the church were it to fail at this critical Child's Play Now period in its history, it would be equal-Make the Medicine Yourself at Home ly disastrous for those who are im-It's Cheap-but You Can't Beat It patient for progress were they to leave If you want to take care of that the church at this stage. There is no bad, hang on cough and do it in a few doubt that those who would accomplish Public reading room, same address, hours, better get one ounce of Par. the biggest things in behalf of the peomint (double strength) and mix a ple can best do them through the church, even though they may just now You can do this in two minutes by be forced to fight an array of conservation which at times seems appalling. The same reactionaries are to be You'll travel the world over be- found in other organizations and infore you get a medicine that will act stitutions. The democratic form of Gospel Hall, Princess street-Sun- so surely and quickly on the mucous government within the church makes it easier to fight them here than anywhere

the sensation stops with the first spoon- period of the church's progress, they Ex- ful, the heavy breathing goes and set their greatest opposition, not from tra seats will be provided. At 4.15 clean membrane, free from irritation those outside the church, but from those within. Jesus accused the Jews of His For Catarrhal conditions such as day of always having stoned the promucus droppings, clogged nostrils phets which were sent unto them. Paul and watery eyes, it won't disappoint summed up his opinion of the people -ask for Parmint (double strength.) to whom these messengers of the Al-Speak plainly so that the druggist mighty were sent when he declared that the world was not worthy of them. Luther, Wyckliffe, Knox, Savonarola, and a long list of others of more mod-

dom of God was exceedingly narrow. Often, as someone has said, these saints Men's souls are the most precious were first ostracized and then canon-

everything else will pass away. Therefore—the greatest occupation in the world is that of "soul-winner."

vice. Bible school, 2.45 p.m. So- day night, using the testimony of the man who saves a soul has done a soul has done such great service, then is loaded with impurities as a result

> He who leads a soul astray is the greatest enemy of mankind means of losing other men's souls, but dose of these pills helps to enrich the he loses his own soul

> But when we speak of "losing" one' destroyed but that it has been misdirected-in purpose and destiny-it is petite is often poor-Dr. Williams' may always be brought back.

successful soul-winner. One advantage of being a non-professional soul-winner is that you probably know the paths which the "lost" soul has taken, because you know the manner of life and emptations of real men and women. into the right road-and to do it humbly, without a sense of superiority or self-righteousness is an exalted and exalting occupation.

hat to be given soul-winners. They that "turn many to righteousness," says the Bible, shall shine "as the stars, forever and ever."

Keen observers of the trend of things

They are just as devoted as were hose of an earlier day. But the expression of their devotion has changed. Men in the street, in hotel lobbies, in

trains, in the shops and stores are talking about the vital problems of the day in the terms of religion. It would be a mistake for the church to insist that they shall use the termin- les' Institute planned two progres-

ology which served its purpose for an- sive crokinole parties, one for other generation, and that they must March 7th and March 15th. Henry have the same kind of spiritual experi- Patterson got first prize among the ences. The men of to-day must be permitted to express their religious as-But having started out to become a pirations in their own way. They will ough to accept these throughly conse- Lake, also from Lee Valley corner to

If there's a hereafter then they're

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an allpreach morning and evening. Class of God or the devil? Are we in im- world-for a soul is of more value than year-round tonic for the blood and We surely know that. A "full" man nerves. But they are especially val- is one who has a load on. If it is true that the man who saves a uable in the spring when the system of the indoor life of the winter is a Stradivarius violingat Lausmonths. There is no other season downe. Have any Kingston experts when the blood is so much in need of gone down there to look over this Such a man not only becomes the purifying and enriching, and every blood. In the spring one feels weak and tired-Dr. Williams' Pink Pills give strength. In the spring the apthe stomach and aid weak digestion. Now to be a "soul-winner" does not It is in the spring that poisons in the imply giving one's self exclusively to blood find an outlet in disfiguring this task—by becoming a preacher, for pimples equations, and boils—Dr pimples, eruptions and boils -Dr. headquarters of seances because it Williams' Pink Pills clear the skin is the "spirits" centre? Indeed, any man or woman engaged because they go to the root of the in any other occupation may become a trouble in the blood. In the spring anaemia, rheumatism, indigestion, careful or the young Kingston felneuralgia and many other troubles lows with radio outfits will be able to are most persistent because of poor, hear their wooing talk at night. weak blood, and it is at this time when all nature t as on new life To turn a man from the wrong path that the blood mot seriously needs atorship. Do they not know that un- growers agreed to decrease their outattention. Some people dose them- der some past regimes it cost from selves with purgatives at this season, \$5,000 to \$10,000 to be made a senabut these only further weaken them- tor? Heaven holds no greater reward than selves. A purgative merely gallops through the system, emptying the bowels, but does not help the blood. reaches every nerve and every organ in the body, bring new strength and

On the other hand, Dr. Williams' church and fire it off when the min- reached a level fully 15 cents Pink Pills enrich the blood which ister's half hour is nearly up. vigor to weak, easily tired men, wo- now as never before. The "Second men and children. Try Dr. Williams' Coming" guessers are certainly giv- verdict was found for the plaintiff Pink Pills this spring—they will not ing us some great stories. However, in the case of the Natitonal Tread

by mail at 50 cents a box or six boxes fore them. for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

WOLVES AT LEE VALLEY.

Are Reported Numerous-Good Season For the Trappers.

Lee Valley, March 20 .- The Ladgentlemen and Miss Cecilia McMillan took first among the ladies.

Mr. Armstrong, Massey, has sev-Massey. William McKnight has fulfilled his contract of hauling a number of ties to Lee Valley corner.

Chriss Andress has finished logging for this winter. The teams are now hauling lumber to Massey. Earl and Clifford Patterson are filling a car at Massey with lumber for shipment to Sudbury. Born on March 9th to Mr. and Mrs. Earl Patterson, a son, whom they are calling Chester Winfred.

Louis Aubertin had the misfortune to lose a valuable cow. Dawson Spearance has had good success trapping this winter. Besides a number of other animals, he has caught two wolves and three cross

Wolves are very plentiful. Many are heard at night and a number have been seen crossing the fields in daylight. Owing to the steady thawing the snow has melted until the roads are bare in places but a snowfall of a few inches on Monday will aid the busy men in completing their many tasks.

A unmber of young people from Webbwood attended the crokinole parties at Lee Valley. All are sorry to hear that Claud Williams is on the sick list. Miss Mildred Meltcher is working at Mr. McMillan's. Paul Kohn is helping S. Coburn for a few

Democrats Win Every Office. Cape Vincent, N.Y., March 24 .--The Democratic ticket was elected. Results were: For president, James D. Powell, 20; Maurice G. Fitgerald. 76. For trustee, Charles G. Allen, 51. Charles Armstrong, 44. For treasurer, Winfield F. Clark, 25; Frank G. Blum, 68. Collector, Nelson Mance.

Sale of a Mill. The Richardson chopping mill on Main street, Deseronto, has been sold to the Quinte Fuel, Dock & Supply Co., and will be moved to the companys premises near - the big

Half of the Norwegian merchant narine was sunk during the war.

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physician's during 22 years and proved safe by millions for

Colds Headache Toothache Neuralgia Earache Lumbago

Neuritis Pain, Pain

Rheumatism

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Announcement is made that there

It would appear that the Canadian militia has too many heads and 1gspectors. But able-bodied military officers should not be pensioned. Let them work for good pay. A Kingston man heard messages

from the dead at a seance in Mon-Portsmouth girls had better be

tor Club might take that gun to eighteen months until it has now

The bible is being "interpreted" bible discussions are good for the Shoes Limited vs. Mrs. Gena I. De-

That will depend, however, upon the severity of the weather. Coal has been mighty dear this winter, but thank heaven the weather has been moderate, or more people would have been bankrupt.

The local Chinks must feel that the authorities will not allow them to have any fun at all. When they have a little "smokee", in come the police on them for the second this year. But they cannot expect "Tim". to get them off every time.

The Queen's principal finds that women do not mix as well as the men do. Perhaps it is just as well for the men, as secrets might be given away.

-THE TOWN WATCHMAN.

Tea Shortage Means Higher Prices. During the war teas reached a very high level of cost, largely owing to shortage of shipping. In 1919 and 1920, greatly increased production and unlimited shipping resulted in enormous quantities of teas reaching every market in the world, and a consequent fall in cost ensued. So serput during 1921 by 20 per cent. This agreement was kept and the world is now faced by a shortage of tea, which has resulted in the market The president of the Kingston Mo- climbing week by, week for the last pound over that of October, 1920.

Must Take Out Stock. At the assize court, Belleville, Sold by all medicine dealers or sent people if the essentials are kept be- vault. The action was to compel the defendant to take out the amount of stock, namely one thousand dollars,

Oil and they cost only ten cents a

Coal dealers tell us that it will applied for in the company.

For Constipated Bowels-Bilious Liver

The nicest cathartic-laxative to phy-Ltonight will empty your Lowels comsic your bowels when you have pletely by morning and you will feel splendid. "They work while you Headache Biliousness sleep." Cascarets never stir you up Indigestion or gripe like Salts, Pills, Calomel, or · Dizziness Sour Stomach

"Care to our coffin adds a nail, no doubt And every grin so merrily pulls them out."

is candy-like Cascarets. One or two! box. Children love Cascarets too.

John Wolcott, who wrote audacious squibs over one hundred years ago, was the author of those lines. Pay particular attention to the second line: "And every grin so merrily draws them out." Isn't it true? Haven't you found it to be true?

We need to grin. It is important that we find things to grin

Study and use of classified advertisements is a grin developer. The best known grin developer in the world. If your grin is weak or one-sided, start this minute merrily pulling nails out of your coffin by reading our to-day's classified advertisements. There are several items there of importance to you. They are there especially for you; don't miss them!

DEVELOP YOUR GRIN.

Absolute Evidence in Favor of Ground Cylinders

All high grade automobile engines manufactured in this country as well as in Europe have their silinder bores finished by grinding. Some of the American cars that might mentioned are:

Apperson Hudson Brewster Cadillac Cunningham Dorris Franklin Marmon Haynes

LaFayette

Pierce Arrow Rolls Royce Standard Stevens Duryea

In fact, 84% of all the manufacturers of pleasure care ase engines with ground cylinder bores, and 91% of the commercial motors are ground. Heald Machines are used ex-

Automobile owners we have one of these Heald Cylinder Grinding Machines, and can guarantee first class work.

Automotive Grinders

R. M. CAMPBELL, Corner of Queen and Wellington Streets,