

HEADS THAT ACHE AND PAIN

It is hard to drag along with a head that aches and pains all the time. In nine cases out of ten, persistent headaches are due to poisoned blood...

BURDOCK BLOOD BITTERS which has been on the market for the past forty-five years, removes the cause of the headache by starting the organs of elimination acting freely...

B. B. B. is manufactured only by The T. Millburn Co., Limited, Toronto, Ont.

"TIZ" EASES TIRED SORE, SWOLLEN FEET

Good-bye, sore feet, burning feet, swollen feet, sweaty feet, smelly feet, tired feet.

Good-bye, corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony...

You'll Get Rid of Blackheads Sure

There is one simple, safe and sure way that never fails to get rid of blackheads and that is to dissolve them.

To do this get two ounces of peroxide powder from any drug store—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly...

G. Hunter Ogilvie EXCELSIOR LIFE

Come and let us commune about that monthly income policy.

Will your widow wear as good clothes as your wife?

Will your orphans have the advantages of your children?

151 WELLINGTON ST.

Yeast Vitamon Greatest Secret of Complexion Beauty

Clear Skin, Firm Flesh and Strong Nerves



Of what use are fine features, with an ugly skin, flabby flesh, sunken cheeks, a scrawny neck or a carven face?

If you want to quickly clear your skin and complexion, put some firm, healthy flesh on your bones, increase your nerve force and power and look and feel 100 per cent. better...

Distributor, Duncan-Kershaw & Co. 207 St. James St., Montreal, Can.

My friend, in defending your own rights do not infringe upon the rights of others.

THEM DAYS IS GONE FOREVER



From the Countryside

FRONTENAC

GLENDOWER. March 21.—Some people have taped but report a poor run of sap. The children of the neighborhood who have been sick are all better now and able to return to school...

ECHO LAKE. March 20.—The roads are in bad condition owing to the frost going out of the ground and the recent rains. Hay is quite scarce in some parts around here...

MISSISSIPPI. March 21.—Messrs. John and Thomas Crawford are visiting with their father, Daniel Crawford, who is confined to the house with illness. Saul Benedict and sons have gone to Mud Creek to hunt and trap...

FLORIDA. March 25.—Quitting is the order of the day. There were two, at H. Cartwright's and one at George Redden's recently. A number of farmers have tapped their sugar maples and report a very good run of sap...

ARDEN, ONT. March 25.—Some of our young people attended the box social at Dead Creek also the oyster supper at Mountain Grove on Friday evening.

Torrance's farm and Mr. and Mrs. Torrance and Miss Aggie Torrance are moving into Lyn. Sugar making is the order of the day and a fairly good run of sap is reported so far. Quite a number are still on the sick list...

LANARK

FALL RIVER. March 22.—The people are busy making syrup and are improving a good run. The recent rain has left the roads in very poor condition.

Prince Edward

SALEM. March 23.—Rev. Mr. Robeson, Consecration, took tea this evening at the home of C. C. Wannamaker, and officiated at the christening of Margaret Ruth. The special religious meetings in the church continue every evening except Saturday and Sunday...

LEEDS

CAINTOWN. March 21.—Thomas Leeder of Blyncane, has moved his family into Mrs. Brown's house. H. Warren and family, Grenadier Island, have moved into Eli Tennant's house...

SPRING AILMENTS

Impure Blood, Humors—Relief in a Good Medicine. Spring ailments are due to impure blood, debilitated blood. Among them are pimples, boils, tinea, eruptions, catarrhs, rheumatism, loss of appetite, that tired feeling, nervousness and "all run-down" conditions.

Fields is busy hauling hay from Maberly Elwood Gray has gone to business college in Perth. Visitors, Miss Jessie McFarlan and Misses Elsie and Irene Duffy spent Sunday at Maberly.

LAMMERMOOR. March 20.—Mr. and Mrs. John Gunn, and Mrs. W. Baird, Hoptown, visited at William Gibson's on Saturday. Mrs. James Murray, Poland, is spending a few days with Mrs. D. Currie. Alex Erskine has recently purchased a handsome driver. Miss Lila McDougall has gone to work at Mrs. Thomas Dobbie's, Lanark. Roy McNeil is working at Lorne Stewart's, Hoptown, during sugar-making. Robert McDougall, Poland, spent a few days last week with friends here.

SCOTT'S CORNERS. March 23.—The Ferguson Bros. have been cutting wood for the farmers in this locality. Syrup making is in full swing. Miss Agnes McDonnell is on the sick list. Mrs. Thomas Garrett, who has been spending a month with Mrs. James McCord, has been ill with grippe and bronchitis but is recovering. The many friends of Mrs. James McCord are pleased to hear she is recovering after her recent illness. Mrs. Stewart Armstrong, Wolfe Island, visited her sister, Mrs. J. McCord. Enroute to home she visited Zealand and maberly friends. The funeral of the infant son of Mr. and Mrs. James McCord was held on Tuesday. Rev. Mr. Baldwin conducted the services at the family residence. Interment was made at Zealand Methodist cemetery. Miss Lottie Scott, trained nurse, Rochester, N.Y., is spending a few days with her parents, Mr. and Mrs. Thomas Scott. School is progressing favorably under the able management of Miss Madeline Kleinsteber.

Lennox & Addington

WILSON. March 18.—The weather is very favorable for maple sugar making. The farmers are preparing to tap their sugar bush. Mrs. T. Harrison is on the sick list. Everybody is sorry to hear of A. McPherson losing so many head of cattle this spring. John Ball is sawing wood with his machine for farmers at Vennacher. William Warlick was a week-end visitor at John Ball's. William McPherson is drawing hay from Vennacher to his home. The roads are in very poor condition for running sleighs. Mrs. H. Hunter is visiting her daughter, Mrs. J. Ball. Robert Johnston and L. Parks are making syrup together this year with the evaporator.

LANARK

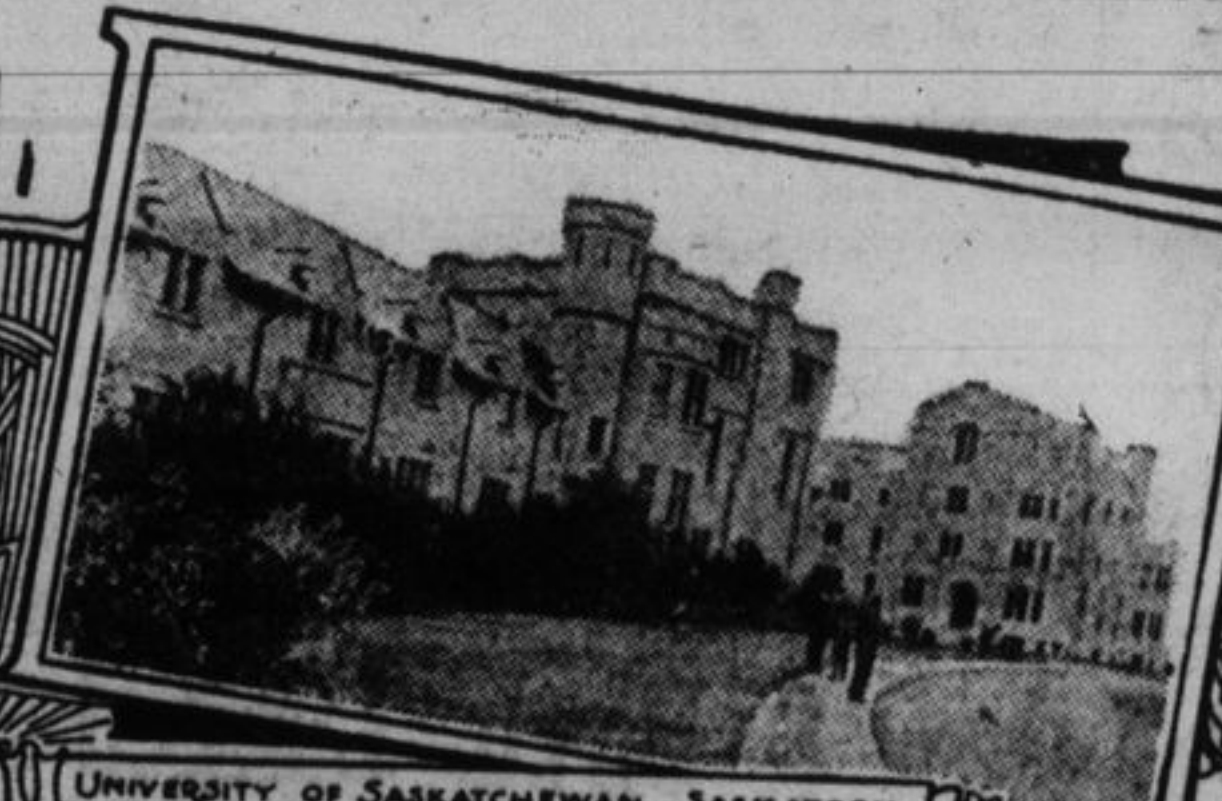
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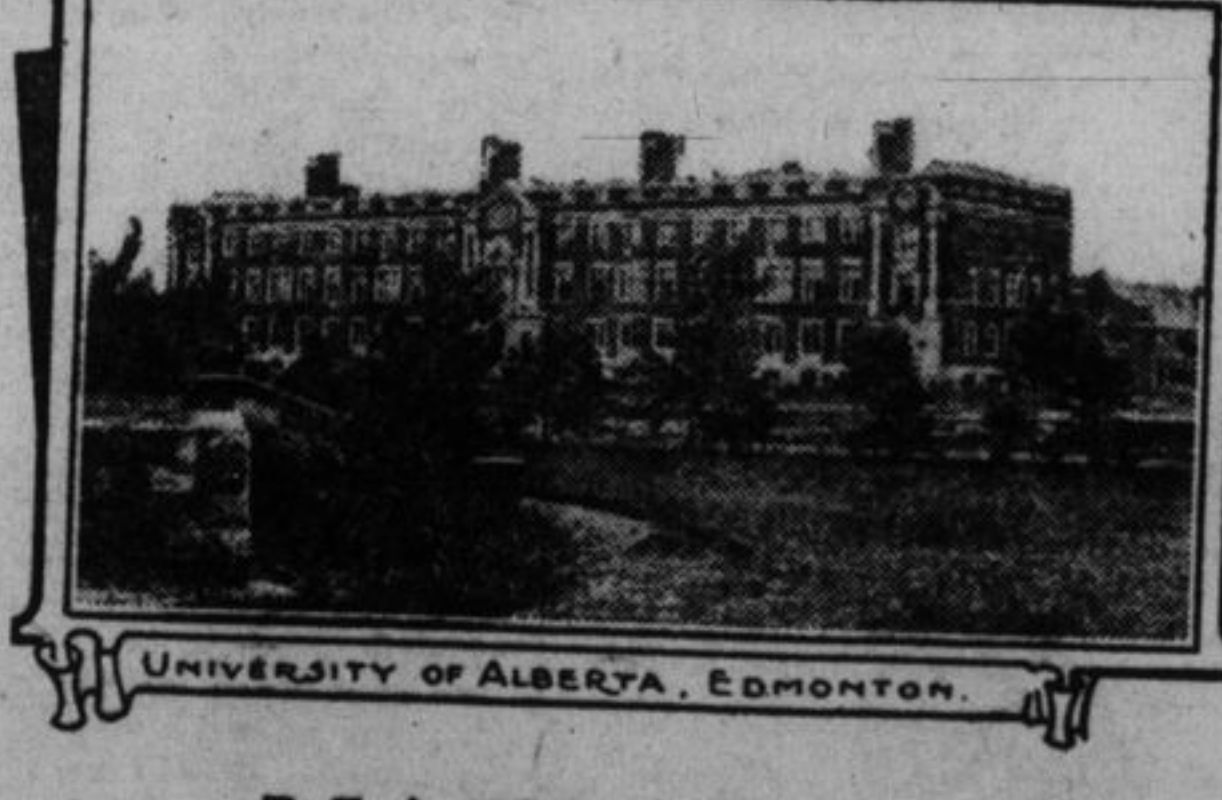
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TORONTO UNIVERSITY MAIN BLDG.



UNIVERSITY OF SASKATCHEWAN, SASKATOON.



UNIVERSITY OF ALBERTA, EDMONTON.



MANITOBA UNIVERSITY, WINNIPEG.

NATION BUILDING IN CANADA

Universities to Follow the Railroad in Binding East and West Together For the Cause of National Unity

Hand in hand with the material growth of Canada, with the extension of her population, and the development of her natural resources, moves forward the current of her intellectual and spiritual life. The race of men and women whose adventurous spirit and indomitable courage are making a nation, are not the kind that are content with the merely material things of life. Canada's pioneers of a little while ago were young men who saw visions, and old men who dreamed dreams, and their sons and daughters are no less gifted. Their broadening horizon now includes a new world of mental and spiritual effort in which they,

in turn, must be pioneers. The realization of this fact has become a living force in the fine universities that are already doing a great work at Winnipeg, Edmonton, and Saskatoon and Vancouver.

In the making of the Canadian nation so far, avenues of transport and communication have worked towards completion of the structure the foundation stone of which was the Act of Dominion Federation. Canada's national unity is founded and fostered by the political and physical links that bind east and west, but it can be fully developed only when the avenues

of Canadian thought move east and west as do those of trade. This is the thought that lies behind the recent donation by the C. P. R. of three annual scholarships of the value of \$500 each to Toronto University for the purpose of inducing graduates of Western Colleges to complete their studies at that great Canadian centre of learning.

The universities of Western Canada are growing fast. Their standard of instruction is high, and an ever growing number of their students desire to pursue post-graduate studies beyond the stage now possible at their

provincial institutions. Through these scholarships a constant stream of the brightest and most ambitious of western university students will be enabled to spend some time in Eastern Canada and thus become familiar with methods of life and thought there. As stated by Mr. E. W. Beatty, President of the Canadian Pacific Railway, in his letter to Sir Robert Falconer, President of Toronto University, announcing the granting of the three scholarships, "The movement is one that will obviously be of benefit, not only to the students, but also to the communities in which they afterwards live."

SPECIAL FOR THIS WEEK DAFFODILS \$1.00 PER DOZEN We always have on hand a choice selection of Azaleas, Cyclamen, Primroses and Boston Ferns. Floral Designs for Wedding and Funerals a Specialty. LAWSON FLORIST STORE: Corner Wellington and Brock Streets. Phone 770. CONSERVATORIES: 68 Centre Street. Phone 1174J.



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"Increasing the efficiency of a sales force ten per cent is well worth while" - writes a subscriber. "We call up our travellers by Long Distance, or they call us. We encourage them, advise them, help them to secure orders. If competition arises we learn of it in time to meet it."

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J. H. Parliament has now started his boarding house "Wild Wave Cottage" at Wellington.

On March 15th, about sixty friends gathered at the home of Mr. and Mrs. A. E. Holland, Yarker, and presented Mr. and Mrs. Earle Lee with a variety show.

It may be that the greatest heroes are the ones that fail. Joy in religion is but another word for gentleness.