DON'T NEGLECT **BRONCHITIS**

The principal symptom of bronchitis is a cough which is dry, harsh and hacking, accompanied with rapid wheezing, and a feeling of tightness through the chest.

There is a raising of phlegm, especially in the morning after rising from bed. This phlegm is at first of a light color, but as the trouble progresses At becomes of a yellowish or greenish color and is sometimes streaked with blood;

DR. WOOD'S NORWAY PINE SYRUP you will find a remedy that will stimulate the weakened bronchial organs, subdue the inflammation, soothe the irritated parts, loosen the phiegm and mucous, and help nature to easily dislodge the morbid accu-

Hamilton, Ont., writes:- "I was particulars but- Great guns, the man, it is not your duty to instruct troubled with bronchitis and had a town can't be all wrong!" very bad cough. I had it so long I "No, it isn't. But it could be. Let particularly concern me what the was beginning to get afraid of other me tell you a fable. Imagine a cave- Haydocks condescend to approve!" cough remedies without relief. I was had at last gotten the right medicine. ments, the eating of half-raw meat, didn't mean anything. He doesn't I used several bottles and am prac- her husband's bushy face, the con- know when he is being rude." tically well. I have recommended it stant battles, and the worship of the

when you ask for it; price 35c. and

Apply Sulphur as Told When Your Skin Breaks Out

Any breaking out of the skin on

small jar of Mentho-Sulphur and use sible."

For Raw Sore Throat

throat rub on a little Musterole with

It goes right to the spot with a gentle tingle, loosens congestion, draws out soreness and pain.

Musterole is a clean, white ointment made with oil of mustard. It has all the strength of the old-fashioned mustard plaster without the blister.

Nothing like Musterole for croupy children. Keep it handy for instant use. All druggists. BETTER THAN A MUSTARD PLASTER



COMB SAGE TEA IN

It's Grandmother's Recipe to Keep Her Locks Dark, Glossy. Beautiful.

The old-time mixture of Sage Tea shake, and Sulphur for darkening gray,

the troublesome task of gathering the child to play with. You are pretty! All drug stores sell the ready-to-use how we buy a lunch. Well, hang it, product, improved by the addition of other ingredients called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can dis- beef which she could find, when she cover it has been applied. Simply was home, was a wail of "But just moisten your comb or a soft brush the same-" with it and draw this through your hair, taking one small strand at a he departed for Washington. time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft that there still were men in the lustre and appearance of abundance world, as there had been in college

Lydia E. Pinkham's Vegetable Compound Often Does That -Read irs. Miner's Testimony



great help in carrying a child, as I have noticed a difference when I didn't take it. I thank you for this medicine and if I ever come to this point again I do not want to be without the Vegetable Compound. I give you permission to publish this letter so that all women can take my advice."—Mrs. Free Mayor Roy heat-lightning. advice."-Mrs. FRED MINER, Box busco, N. Y.

MAIN STREET

The Story of Carol Kennicott By SINCLAIR LEWIS

ly rustic metaphor! You use it at nerves were heat-scorched. 'banquets' and directors' meetings, and boast of your climb from a supper, he grunted, "What d'you humble homestead."

"Huh! You may have my nuber, I'm not telling. But look here: you antagonize those who might be Swell. The Haydocks use 'em." Mr. John H. Root, 40 Maple Ave., inclined to agree with you in some

are because they are." face, neck, arms or body is overcome by golly, I'd like to see you try to de- ing the whole town a woman's bust!

> to friends. She had the neophyte's they want!" and find no answer when an iconoagility and confusing statistics.

him when she most tried to stand out pretending that she threatened his against him; he was so much the life, successful executive that she did not want him to despise her. His manner of sneering at what he called "parlor socialists" (though the phrase was not overwhelmingly new) had a power which made her wish to placate his company of well-fed, speed-loving administrators. When he demanded, "Would you like to associate with nothing but a lot turkey-necked, horn-spectacled nuts that have adenoids and need a haircut, and that spend all their hime kicking about 'conditions' and never do a lick of work?" she said, "No. but just the same " When he as serted, "Even if your cavewoman was right in knocking the whole works, I bet some red-blooded Regular Fellow, some real He-man, found her a nice dry cave, and any whining Vrooman is visiting her sister, Mrs. criticizing radical," she wriggled her head feebly, between a nod and a

His large hands, sensual lips, easy streaked and faded hair is grand- voice supported his self-confidence. mother's recipe, and folks are again He made her feel young and softusing it to keep their hair a good, as Kennicott had once made her feel. even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest ad- his powerful head and experimented. 'My dear, I'm sorry I'm going away Nowadays, though, we don't have from this town. You'd be a darling sage and the mussy mixing at home. Some day in Boston I'll show you

got to be starting back." The only answer to his gospel of

She did not see him again before

His eyes remained. His glances at her lips and hair and shoulders had revealed to her that she was not a wife-and-mother alone, but a girl

That admiration led her to study intimacy, to perceive the strangeness of the most familiar.

CHAPTER XXIV. .. --

All that midsummer month Carol a fair attendance. was sensitive to Kennicott. She recalled a hundred grotesqueries: her comic dismay at his having chewed Churubusco, N. Y .- "I was under the tobacco, the evening when she had r's care for over five years for tried to read poetry to him; matters which had seemed to vanish with no which had seemed to vanish with no ine. One day a trace or sequence. Always she reneighbor told me peated that he had been heriocally it your Vegeta- patient in his desire to join the army. d and I She made much of her consoling took it. It helped me affection for him in little things. She so much that I wish liked the homeliness of his tinkering to try Lydia E. Pink- about the house; his strength and am's Vegetable handiness as he tightened the hinges Compound for fe- of a shutter; his boyishness when he

There was, late in June, a day of for that "Croudy Count"

heat-lightning. It's the same story over again. Women suffer from ailments for years. They try doctors and different medicines, but feel no better. Finally they take Lydia E. Pinkham's Vegetable Compound and you can see its value in the case of Mrs. Miner.

That's the truth of the matter. If you are suffering from any of the troubles women have, you ought to try this medicine. It can be taken in safety by young or old, as it contains no harmful drugs.

Because of the work imposed by the absence of the other doctors the Kennicotts had not moved to the lake cottage but remained in town, dusty and irritable. In the afternoon, when she went to Oleson & McGuire's (formerly Dahl & Oleson's), Carol was vexed by the assumption of the youthful clerk, recently come from the farm, that he had to be neighborly and rude. He was no more brusquely familiar than a dozen Because of the work imposed by brusquely familiar than a dozen

"How proud you are of that home- other clerks of the town, but her

When she asked for codfish, for want that darned old dry stuff for?" "I like it!"

"Punk! Guess the doc can afford ou're so prejudiced against Gopher something better than that. Try Prairie that you overshoot the mark; some of the new wienies we got in. She exploded, "My dear young

woman complaining to her mate. She | He was hurt. He hastily wrapped advised by a friend to try Dr. Wood's doesn't like one single thing; she up the leprous fragment of fish; he Norway Pine Syrup, so I got a bottle. hates the damp cave, the rats run- gaped as she trailed out. She lamentand it convinced me to believe that I ning over her bare legs, the skin gar- ed, "I shouldn't have spoken so. He

to others since, and good results fol- spirits who will hoodoo her unless against Uncle Whittier when she she gives the priests her best claw stopped in at his grocery for salt and necklace. Her man protests, 'But a package of safety matches. Uncle 60c. a bottle; put up only by The T. it can't all be wrong!' and he thinks Whittier, in a shirt collarless and Milburn Co., Limited, Toronto, Ont. he has reduced her to absurdity. Now soaked with sweat in a brown streak you assume that a world which pro- down his back, was whining at a duces a Percy Bresnahan and a Vel- clerk, "Come on now, get a hustle vet Motor Company must be civiliz- on and lug that pound cake up to ed. It is? Aren't we only about Mis' Cass's. Some folks in this town A PIMPLY SKIN half-way along in barbarism? I sugthink a storekeeper ain't got nothcontinue in barbarism just as long as orders. . . . Hello, Carrie. That people as nearly intelligent as you dress you got on looks kind of low in continue to defend things as they the neck to me. May be decent and modest-I suppose I'm old-fashioned "You're a fair spieler, child. But, -but I never thought much of showquickest by applying Mentho-Sul- sign a new manifold, or run a factory Hee, hee, hee! ... Afternoon, phur. The pimples seem to dry right and keep a lot of your fellow reds Mrs. Hicks. Sage? Just out of it. up and go away, declares a noted skin from Czech-slovenski - magyargod- Lemme sell you some other spices. knowswheria on the job. You'd drop Heh?" Uncle Whittier was nasally Nothing has ever been found to your theories so darn quick! I'm not indignant "certainly! Got plenty take the place of sulphur as a pimple any defender of things as they are. other spices jus' good as sage for remover. It is harmless and inex-Sure. They're rotten. Only I'm sen- any purp'se whatever! What's the matter with-well, with allspice?" He preached his gospel: love of When Mrs. Hicks had gone, he ragoutdoors, Playing the Game, loyalty ed, "Some folks don't know 'what

shock of discovery that, outside of "Sweating sanctimonious bully-At the first sign of a raw, sore tracts, conservatives do not tremble my husband's uncle!" thought Carol. She crept into Dave Dyer's. Dave clast turns on them, but retort with held up his arms with, "Don't shoot! I surrender!" She smiled, but it oc-He was so much the man, the curred to her that for nearly five worker, the friend, that she liked years Dave had kept up this game of

(To be Continued.)

A PLAY AT ODESSA.

"The Elopement of Ellen" Pleased a Large Audience. Odessa, March 28 .- Clare Smith, Kingston, is the guest of his uncle, David Smith. Mrs. Charles Dewey and Hubert, Newburgh, spent a few days last week with Mrs. Dewey's mother, Mrs. James McConnell. Mrs. Stagg and little daughters Jean and Helen, Kingston, have been spendin. the past week at Sidney Silver's. They were joined by Mr. Stagg, wno spent the week-end with his family. Mr. and Mrs. Gilbert and daughter, Kingston, were guests of Miss Mary Orr, Glenburnie. Mr. and Mrs. Isaac the winter with Mr. and Mrs. George

Miss Stella Graham has accepted a position in Mr. Hermann Buck's store, at Sydenham. Mr. and Mrs. Orange Babcock have returned from H. Cranshaw, one of the oldest and boat house. Harry Bell, Midland, visiting relatives in Alton and To- most estcemed residents, passed and Al Perrin were callers. Mr. and McLelland will be sorry to hear that on the 16th inst., at the ripe old age Co.) are at Tom Mark's hotel. Tom he passed away Saturday night after of eighty-four years and nine is finishing his new play. They are a long and serious illnesss. Much | months. The funeral took place last | turning out gallons of syrup here. family, as the deceased was a bright cemetery and was attended by an un- July 1st. R. W. Marks will be sole young man and about twenty-one usually large number of sympathiz- proprietor. Joe Marks has opened up

the Union church last Thursday met with a serious accident. Their night. The church was filled to capa- sleigh struck a big stone and upset. city. The opening number, an in- pitching the three of them on the strumental duet by Mrs. (Dr.) J. E. rough, rocky ground, causing all Mabee and Miss Nickle received more or less serious injuries and many applauses. The play entitled compelling them to turn back. Ar-"The Cheerful Liar", given in the thur and his father have made antown hall Saturday night by the other start for Wolfe Island, but Ern-Crystal Springs Dramatic Club, of est, whose injuries to his head are Portsmouth, was a success and had the most painful, had to extend his

To Exterminate Sea Monsters. Vancouver, March 29 .- Machineguns, rifles and "cross-line" traps will be the weapons in the against hair seets and sea lions which the Canadian Fisheries Department proposes to wage off the Queen Charlotte Islands and the west coast of fancouver Island. In an effort to preserve the salmon, the officials of the department will seek to exterminate the sea monsters which have been wreaking havoe in the fish pre-

opium or other narcotic. Keep Lake, Chamberlain's Cough Remedy in the house - it is a real friend in need.

35c. and 65c.

PHONE 1071



PHONE 1071

OUR WINDOWS HERALD THE APPROACH OF SPRING



The coming of Spring finds this store for women better prepared than ever before to meet the exacting demands of a particular clientele-a policy of selling only the very highest quality of merchandise and of backing up every sale with an ironclad guarantee of satisfaction, has won for Jackson-Metivier an enviable place in regard of the city's well dressed women.

Canton Crepe Dresses \$29.75

You will appreciate this showing, as it offers a varied assortment—a special note of newness is apparent in the type of sleeve, panel effects and the very effective embroidery-various styles with straight lines, over skirt with Russian Blouse.

Women's Tailored Suits \$35.00 to \$50.00

Is to be seen in the smartest versions of its type among the large showing of spring models. Every Suit is expertly cut and finished with that perfection which women associate with custom-made garments. Materials: Serge, Tricotine, Gaberdine, Poiret Twill.

More Popular Than Ever.

Children's Turnover Golf Sox

Wolsey Brand. Made from pure strong, all wool Yarn with fancy tops. Colors Brown, Navy and Grey.

75c

Marvel Silk Hose \$2.50

Pyramid Heel.

Made from pure Silk Thread, with full fashioned, seamed back, Pyramid or Point-x heel, wonderful new shades:-Beige, Chestnut, Cordovan, also Black, White and Navy.

Exceptional Values!

Topcoats \$22.50

Popular loose back styles, Conservative styles, finest tailoring and fabrics, distinctive colorings, made with narrow belt to button or tie in front.

JACKSON-METIVIED

CHILDREN'S GOLF SOX

LIMITED 114 PRINCESS STREET

CHILDREN'S GOLF SOX

Fraser have returned from spending Arthur Cranshaw, Wolfe Island, and His Brother and Father Injured.

years of age. James Dawson open- ing friends. Among relatives attend- Ruby Island. Miss Betty Taylor is ed his general store last Saturday. | ing it from a distance were her sons, having a boat house and wharf built. The teachers, Misss Milling, Miss Arthur from Wolfe Island, and Ern- Mr. and Mrs. Carruth are at home. last Thursday night by Mr. and Mrs. Calabogie, accompanied by their more furnished cottages to rent, but The ice still hangs on, but is so home here. Community Club gave their popular ed to pay an extended visit with his play, "The Elopement of Ellen," at son Arthur, but on their way they visit to his Denbigh relatives for a longer time than he had first in-

Oscar Kastner, of the Ore Chimney mines, who spent a couple of months here visiting relatives and friends, has returned to his former position at the mines. Miss Pearl Ready, Montreal, has arrived to enjoy a few weeks' visiting with her mother and other relatives here. Her brother, William Ready, left for Swastica, where he again expects to be employed during this season. Frank Rodgers has arrived home from Napanee, where he attended the meeting of the county council last week. Frederick Falk has purchased and taken possession of the Lutheran parsonage, and intends to move with his family into it soon. Some of our farmers have tapped their sugar bushes, but the weather Most mothers of young children has not been very favorable lately prefer Chamberlain's Cough for a good run of sap. The Misses Remedy to any other, because Flora Fritsch and Bertha Stein, and they know it to be prompt and Herbert Warlich enjoyed a visit with effectual, and to contain no friends and relatives at Hardwood

AT CHRISTIE'S LAKE

Busy Season Assured—Rock Falls in Railway Cut. Christie's Lake, March 27 .- May Bell Marks has returned from King-

ACCIDENT ston to Red Cedar Villa, Christie's judging from reservations made in honey-combed that travelling on it lake, after producing successfully, advance, the lake will be crowded is impossible. Several are trapping.

daughter, Toronto, spent the week A large rock fell down in the big the high price for skins is a great end at their new bungalow, Belle cut on the 22nd, and held up all incentive for the trappers. Vista. Mr. and Mrs. George W. trains for several hours. Section boss Marks have arrived at Tiny Cottage. Gilbert Greer had all his men out George is putting on a new verandah and removed the rock. Night and decided success. Mr. and Mrs. R. Denbigh, March 25 .- Mrs. Mary and adding a kitchen, wharf and day watchmen have been added. ronto. The many friends of Malcoim peacefully away at her home here Mrs. Lindsay Perrin (Arlie Marks ers at Christie's Lake. AT HOWE ISLAND. sympathy is felt for the bereaved Sunday at the Methodist church and Red Cedar Inn will open on or about Muskrats Plentiful and Maple Syrup

H. J. Humphries and W. Neal and Mr. Ronaldson and others were call-

Run Good.

who are fortunate enough to own

Foley, Watertown, N.Y., have returned home after a two weeks' visit with friends here. Miss M. Lachence and Mrs. J. Driscoll are in Kingston for the week attending the mission. Miss Effle Simpson is visiting her eister, Mrs. A. Lynch, at Escott. Miss G. Garrah, who has been suffering from rheumatism, has recovered and Howe Island, March 23 .- Farmers intends to return to her position next week. Miss Alice Welsh, who Morris, Miss Mickle, Miss Byers and est from North Bay. On Tuesday Mr. Brandon, Montreal, has rented syrup and augar. They report a fair- Anna Beseau, nurse-in-training in Miss Darling, and the High school Arthur and Ernest started again on Sunrise and Sunset cottages, from ly good run. The roads are in a the Hotel Dieu, has resumed her dupupils, were delightfully entertained the way to their present homes, via May Bell Marks. There are a few very bad condition in some places. ties after spending two weeks at her

What every mother should know-

HE one subject nearest a mother's heart is the welfare of her children. It is during childhood that their health is most important.

Weak, under-nourished children seldom develop into vigorous, healthy men and women. Malnutrition produces anemic constitutions, liable to many diseases. Food is the most important factor in the development of children.

An interesting fact to every mother in Canada is this: Grape-Nuts, served with

milk or cream, is a complete food. Grape-Nuts is

the wholesome, delicious cereal made of whole wheat flour and malted barley. It is rich in nutritive mineral salts that supply strength and nourishment to the growing body tissues. Your children will thrive on it.

Begin today to make Grape-Nuts, with milk or cream, the regular breakfast dish-not only for the children, but for you and the others as well.

Your grocer sells Grape-Nuts, the same delicious Grape-Nuts that is served in the leading hotels and restaurants of Canada.

The cost of Grape-Nuts is little-because of the large number of dishes you can serve from one package.

Grape-Nuts-the Body Builder "There's a Reason"

Made by Canadian Postum Cereal Co., Limited, Windsor, Ont.