

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 it becomes of a yellowish or greenish color and is sometimes streaked with blood.

SULPHUR CLEARS A PIMPLY SKIN

Apply Sulphur as Told When Your Skin Breaks Out

Any breaking out of the skin on face, neck, arms or body is overcome quickest by applying Mentho-Sulphur. The pimples seem to dry right up and go away, declares a noted skin specialist.

Nothing has ever been found to take the place of sulphur as a pimple remover. It is harmless and inexpensive. Just ask any druggist for a small jar of Mentho-Sulphur and use it like cold cream.

For Raw Sore Throat

At the first sign of a raw, sore throat rub on a little Musterole with your fingers.

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 mustard, but is non-penetrative. Just ask any druggist for a small jar of Mentho-Sulphur and use it like cold cream.



COMB SAGE TEA IN HAIR TO DARKEN IT

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

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the musky mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients called "Weyth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Weyth's Sage and Sulphur Compound, is that, being so beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive.

SUCCEEDS WHERE DOCTORS FAIL

Lydia E. Pinkham's Vegetable Compound Often Does That.—Read Mrs. Miner's Testimony

Churubusco, N. Y.—"I was under the doctor's care for over five years for backache and had no relief from his medicines. One day a neighbor told me about your Vegetable Compound and I took it. It helped me so much that I wish to advise all women to try Lydia E. Pinkham's Vegetable Compound for female troubles and backache. It is a 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. FRANK MINER, Box 102, Churubusco, N. Y.

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.

MAIN STREET

The Story of Carol Kennicott By SINCLAIR LEWIS

"How proud you are of that homely rustic metaphor! You use it at banquets and directors' meetings, and boast of your climb from a humble homestead." "Huh! You may have my number. I'm not telling. But look here: You're so prejudiced against Gopher Prairie that you overshoot the mark; you antagonize those who might be inclined to agree with you in some particulars but—Great guns, the town can't be all wrong!" "No, it isn't. But it could be. Let me tell you a fable. Imagine a caretaker woman complaining to her mate. She doesn't like one single thing; she hates the damp cave, the rats running over her bare legs, the skin garments, the eating of half-raw meat, her husband's bushy face, the constant battles, and the worship of spirits who will hoodoo her unless she gives the priests her best claw-necklace. Her man protests, 'But it can't all be wrong!' and he thinks he has reduced her to absurdity. Now you assume that a world which produces a Percy Breshman and a Velvet Motor Company must be civilized. It is? Aren't we only about half-way along in barbarism? I suggest Mrs. Bogart as a test. And we'll continue in barbarism just as long as people as nearly intelligent as you continue to defend things as they are because they are."

(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 daughter Jean and Helen, Kingston, have been spending the past week at Sidney Silver's. They were joined by Mr. Stagg, who spent the week-end with his family. Mr. and Mrs. Gilbert and daughter, Kingston, were guests of Miss Mary Millap last Sunday. Mrs. William Vrooman is visiting her sister, Mrs. Orr, Glenburnie, Mr. and Mrs. Isaac Fraser have returned from spending the winter with Mr. and Mrs. George Lucas.

Miss Stella Graham has accepted a position in Mr. Hermann Buck's store, at Sydenham. Mr. and Mrs. Orange Babcock have returned from visiting relatives in Alton and Toronto. The many friends of Malcolm McLeod will be sorry to hear that he passed away Saturday night after a long and serious illness. Much sympathy is felt for the bereaved family, as the deceased was a bright young man and about twenty-one years of age. James Dawson opening his general store last Saturday. The teachers, Miss Milling, Miss Morris, Miss Mickle, Miss Byrnes, and Miss Darling, and the High school pupils, were delightfully entertained last Thursday night by Mr. and Mrs. Albert Hartman at their home. The Community Club gave their popular play, "The Elopement of Ellen," at the Union church last Thursday night. The church was filled to capacity. The opening number, an instrumental duet by Mrs. (Dr.) J. E. Mabey and Miss Nickle received many applauses. The play entitled "The Cheerful Liar," given in the town hall Saturday night by the Crystal Springs Dramatic Club, of Portsmouth, was a success and had a fair attendance.

CHAPTER XXIV. . .

All that midsummer month Carol was sensitive to Kennicott. She recalled a hundred grotesqueries: her comic dismay at his having chewed tobacco, the evening when she had tried to read poetry to him; matters which had seemed to vanish with no trace or sequence. Always she reported that he had been heroically patient in his desire to join the army. She made much of her consoling affection for him in little things. She liked the homeliness of his tinkering about the house; his strength and handiness as he tightened the hinges of a shutter; his boyishness when he ran to her to be comforted because he had found rust in the barrel of his pump-gun. But at the highest he was to her another Hugh, without the glamor of Hugh's unknown future.

There was, late in June, a day of heat-lightning. 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

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 iron-clad guarantee of satisfaction, has won for Jackson-Metivier an enviable place in regard of the city's well dressed women.



SILK GLOVES in all the Newest Shades and Styles

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 Turn-over 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-METIVIER LIMITED 114 PRINCESS STREET CHILDREN'S GOLF SOX

MET SERIOUS ACCIDENT

Arthur Cranshaw, Wolfe Island, and His Brother and Father Injured.

Denbigh, March 25.—Mrs. Mary H. Cranshaw, one of the oldest and most esteemed residents, passed peacefully away at her home here on the 16th inst., at the ripe old age of eighty-four years and nine months. The funeral took place last Sunday at the Methodist church and cemetery and was attended by an unusually large number of sympathizing friends. Among relatives attending it from a distance were her sons, Arthur from Wolfe Island, and Ernest from North Bay. On Tuesday Arthur and Ernest started again on the way to their present homes, via Calabogie, accompanied by their father, E. H. Cranshaw, who intended to pay an extended visit with his son Arthur, but on their way they met with a serious accident. Their sleigh struck a big stone and upset, pitching the three of them on the rough, rocky ground, causing all more or less serious injuries and compelling them to turn back. Arthur and his father have made another start for Wolfe Island, but Ernest, whose injuries to his head are the most painful, had to extend his visit to his Denbigh relatives for a longer time than he had first intended.

AT HOWE ISLAND.

Muskrate Pictorial and Maple Syrup Run Good. Howe Island, March 23.—Farmers who are fortunate enough to own sugar bushes are engaged making syrup and sugar. They report a fairly good run. The roads are in a very bad condition in some places. The ice still hangs on, but is so

AT HOWE ISLAND.

judging from reservations made in advance, the lake will be crowded this summer. A large rock fell down in the big cut on the 22nd, and held up all trains for several hours. Section boss Gilbert Greer had all his men-out and removed the rock. Night and day watchmen have been added. H. J. Humphries and W. Neal and Mr. Ronaldson and others were callers at Christie's Lake.

honey-combed that travelling on it is impossible. Several are trapping. Muskrats are plentiful this year, and the high price for skins is a great incentive for the trappers.

The party held at the home of J. Beaubien on St. Patrick's night was a decided success. Mr. and Mrs. R. Foley, Watertown, N.Y., have returned home after a two weeks' visit with friends here. Miss M. Lachance and Mrs. J. Driscoll are in Kingston for the week attending the mission. Miss Effie Simpson is visiting her sister, Mrs. A. Lynch, at Escott. Miss C. Garrab, who has been suffering from rheumatism, has recovered and intends to return to her position next week. Miss Alice Welsh, who has been teaching in Calgary for the past year, has returned home. Miss Anna Beaman, nurse-in-training in the Hotel Dieu, has resumed her duties after spending two weeks at her home here.

What every mother should know—

THE 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.

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.

An interesting fact to every mother in Canada is this: Grape-Nuts, served with milk or cream, is a complete food. Grape-Nuts is



Grape-Nuts — the Body Builder

"There's a Reason"

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

CHAMBERLAIN'S

For that "Croupy Cough"

Most mothers of young children prefer Chamberlain's Cough Remedy to any other, because they know it to be prompt and effectual, and to contain no opium or other narcotic. Keep Chamberlain's Cough Remedy in the house — it is a real friend in need!

35c. and 65c.

COUGH REMEDY

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