

HAD BAD COUGH AND SORE THROAT

Never neglect a cough or cold however slight. If you do it can have but one result: it leaves the throat or lungs, or both, affected. A single dose of

DR. WOOD'S NORWAY PINE SYRUP

will help to stop the cough, soothe the throat, and if the cough or cold has become settled on the lungs the healing virtues of the Norway pine tree along with the soothing and expectorant properties of other excellent herbs, roots and barks promptly eradicate the bad effects, and the persistent use cannot but help to bring about relief.

Price, 35c. and 60c. a bottle; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Cuticura Soap AND OINTMENT Clear the Skin

RICKETS Cod-liver oil is the best thing in the world for rickets.

Scott's Emulsion contains richest cod-liver oil, abundant in the vitamins that every rickety child needs.

KI-MOIDS (Tablets or Granules) FOR INDIGESTION

Fine for Neuralgia

Musterole insures quick relief from neuralgia. When those sharp pains go shooting through your head, just rub a little of this clean, white ointment on your temples and neck.

Musterole is made with oil of mustard, but will not burn and blister like the old-fashioned mustard plaster.

Get Musterole at your drug store. BETTER THAN A MUSTARD PLASTER.



Laxatives Replaced

Nujol is a lubricant—not a medicine or laxative—so cannot grip.

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Try it today.

Nujol For Constipation

MOTHER SAVES DAUGHTER'S HEALTH

Lydia E. Pinkham's Vegetable Compound Helped Both Mother and Daughter

Lumsden, Saskatchewan.—My mother had taken Lydia E. Pinkham's Vegetable Compound and when I needed something for my periods I took it and got good results. I recommend it to women with any female troubles and I know other women who have been helped by it and do the same.

Women Tell Each Other In your own neighborhood are women who know the value of this wonderful medicine and they talk to one another about it.

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From the Countryside

Frontenac

FLORIDA. April 6.—The roads are in bad condition. We are all glad to see spring once more and welcome the return of the birds. The milkman made his first trip of the season on Monday. O. Storms, Wilton, and Mr. and Mrs. Ernest Clarke and children, Maple Avenue, were recent visitors at Edward Martin's. School is progressing favorably under the management of Miss Eva Gues.

KINGSTON MILLS

April 6.—Mr. and Mrs. W. H. James have moved to the city, and Mr. and Mrs. Lorn Keeler of Joyceville, have moved in the house. Mr. Keeler has accepted the position as day operator in the power plant. D. Graham has been confined to his room with an attack of grippe. A. Lamon is visiting for a few days with friends in Gananoque. The roads through this part of the country are very good. J. M. Campbell of Kingston, was a caller at the Mills on Wednesday.

KEPLER.

April 6.—Sugar making is the order of the day. The Sunday school has re-opened with H. E. Johnston as superintendent. Mrs. Arthur Smith is confined to her home through illness. Mrs. E. Donnell is able to be out again after her recent operation. Mrs. Stuart Babcock is home from the hospital greatly improved in health. Harold Horning is home from Canton, Ohio. Rev. John Pattenham made pastoral calls in this neighborhood yesterday. Mrs. Laidlaw, Westport, was a recent visitor at W. H. Horning's. A. Hoppin and son Dinmore, Verona, visited at A. Orser's last week.

LAKE OPINICON.

April 6.—The recent fall of snow has nearly all disappeared. The farmers report a fairly good run of sap. The local trappers are busy catching muskrats. The spar mine at Rock Lake is in operation again. The sick are all convalescent. Mrs. J. Linklater is spending a few days with her daughter, Mrs. C. Ennis. Mr. and Mrs. C. Walton are occupying their cottage again at Rock Lake. Mrs. E. Stokes spent the week-end at her home, Perth Road. Mrs. Lyon has returned to Kingston after spending the past few weeks with her sister, Mrs. J. Linklater.

BREWER'S MILLS.

April 6.—The roads are very muddy following the snow storm. Our cheese factory has opened for the season. Quite a number of farmers are making maple syrup and report a good run of sap this last week. Joseph Cauley has moved back to D. Murphy's farm. The lockmen are preparing the locks for the opening of navigation. D. Dean is busy sawing logs and grinding grain. B. Murray is spending a few days at his father's. Miss Vera McKendry visited at her brother's in Batterssea. Mr. and Mrs. James Dickson spent Sunday at J. Cauley's.

DESERT LAKE.

April 7.—The farmers are buying a quantity of grain, hay being up a high price. J. J. Abrams' sawing machine is busy in the neighborhood cutting wood. J. Wilson's saw mill is cutting a quantity of lumber. W. Collins is drawing slabs. Harold Snook and family are at his mother's. Mrs. E. Snook's, Henry Hamilton at his brother's, George Hamiltons; Tressa Morey at E. Page's; May Page and Miss McKeney in Kingston; William Deyo and Marshall Wager at E. Page's; W. Bauder at Alfred Page's; May Wilson at J. Campbell's; Gene Albertson and wife at E. Page's.

MOUNTAIN GROVE.

April 6.—Roads are very muddy. A large number took advantage of Dr. Nash's visit here to have their teeth attended to. Much sympathy is extended to Mrs. J. French, who received the sad news that her sister, Mrs. Simmons, New York state, has passed away suddenly. The Y.P.I.C. held its regular meeting in the hall on Wednesday evening. Dr. Nash gave an interesting address with illustrations on "Diseases and Care of the Teeth." Miss B. Price is the guest of her sister, Mrs. E. Smith. Miss Maud Thompson is visiting friends at Godfrey. R. Cox at E. Godfrey's.

PITTSFERRY

April 6.—Much sickness is reported in this neighborhood. Stanley Winborne lost two valuable cows recently. Mrs. McMullin, Toronto, is visiting with her daughter, Mrs. R. J. Ranous, here. Mr. and Mrs. W. Tomlinson and baby Harold, Kingston, have returned home after spending a few days with Mr. and Mrs. John Paddle. A band of gypsies passed through here on Monday. The rural mail carrier was held by the crowd and used roughly. Others who were met on the road alone were stopped. A cheese meeting was held at Granite Hill factory by the proprietor, Christopher Greenison, on Wednesday evening. A meeting of the U.F.O. was held at John Wilson's on Tuesday evening.

HARTINGTON.

April 5.—Sherman Brown and his bride, Trenton, a former resident, visited his brother, George Brown. The couple were serenaded by the young people Saturday night and in return, Mr. Brown gave the young people a maple sugar party on Monday evening at the genial cheese-maker's. Born to Mr. and Mrs. Bert

Patterson today, a son. Mr. and Mrs. John McQuaid, Kingston, returned home today after visiting Mr. and Mrs. Cloakey's for the past week. Sylvester Holden, Sterling, is spending the week-end with his uncle, M. Trousdale. Idell Ellerbeck, Moscow, is visiting Salome Goslin. Mrs. Stanley Woodman, Wolfe Island, is with her sister, who is ill. Harold Wartman is out of hospital and is at his uncle's, Y. Denton. Mrs. M. Clow, Kingston, and Fred Clow, and wife, were recent visitors at D. Freeman's. Hazel Huffman is home from Sydenham, being ill. The trustees have put a new pump in the school yard. The cheese factory opens on Monday. Jamie Trousdale is home from the hospital and is improving. Mrs. Stanley Woodman presided at the organ in the Methodist church Sunday. Ernest Sproule, Westbrooke, was a recent visitor at M. Cloakey's.

BROOKSIDE.

April 5.—Sawing wood is the order of the day. The roads have been in a very poor condition but are drying up rapidly. The sap has not been running as good as usual these last few days. Many of the farmers have made several trips to the city and have received a good price for it. Mrs. Switzer is on the sick list. Harold Warner is around again after his recent illness. Little Grant Freeman died on Wednesday from pneumonia. A number from here attended the tea given by the Ladies' Aid, at Harrowsmith on Wednesday night. Mrs. Frank Wallace spent Tuesday in the city visiting her daughter, Helen, who has been on the sick list. Miss Jessie Willard, teacher, spent the week-end in Napanee and Kingston. Lyford Freeman has been visiting friends in Sydenham recently.

Leeds

LYNDHURST.

April 7.—S. Rathwell and R. Slack have taken the contract to draw the mail from the station to Morton. V. Landon is moving into W. Sheffield's house. W. DeLong is moving out. Mrs. Maggie Dobbs and F. Chuse have moved. Fred Spence and Paul Hefferman have started to make cheese for the season and had a good supply of milk to start with. They are using the government test. Fish seem to be quite plentiful here just now. The club has just unloaded a car of hay. Hal Harvey has just unloaded two cars of feed, "Jack" Steffeld is leaving for the States next Monday.

JUNETOWN.

April 5.—E. W. Dyke was called to Jasper today, owing to the death of his father-in-law, Hugh MacKenzie. Mrs. Jacob Warren remains very ill. Nurse Burtch, Brockville, visited recently at Walter Purvis'. Mr. and Mrs. Leland Warren and sons, Smith's Falls, spent the week end with his mother, Mrs. J. Warren. Master William Purvis has been quite ill. Mrs. John Darling, Lansdowne, is visiting her brother, E. Avery. Mr. and Mrs. Alvin Avery returned last week after several weeks' visit with their daughter, Mrs. (Dr.) B. T. McGhie, London. Farmers have been very busy with sap, since the recent cold spell. Syrup this season is of splendid quality. Mr. and Mrs. J. A. Herbison are in Brockville today.

CAINTOWN.

April 7.—The heavy snowstorm of last week has left the roads in a very bad condition. Several farmers are engaged in syrup making. Good runs of sap are reported and the syrup is of excellent quality. The trapping season has opened with the recent thaw, and some of the trappers report a very good catch of muskrats and other furred animals. Mrs. Young came down from Toronto last week to be with her parents, Mr. and

Advertisement for White Owl Cigarettes featuring an illustration of an owl perched on a branch. Text includes '3 for 25c', 'FOR QUALITY AND VALUE', and 'SMOKE WHITE OWL CIGARETTES'.

Mrs. M. J. Connolly, who have both been very ill. Mrs. Connolly is rapidly improving, but Mr. Connolly still continues very low, having contracted double pneumonia. Nurse Bissell, Brockville, is nursing him. W. A. Graham is very ill with the influenza. He is under the care of Dr. Bissell, Mallorytown, with Miss Moxley, nurse in attendance.

ROCKFIELD.

April 6.—The warm sun of the past few days has played great havoc to the snow banks made by the great storm which visited this locality last week. The lecture and lantern views given under the auspices of the Rockport W.M.S. on Tuesday evening was much enjoyed by those present, but owing to the bad roads and unpleasant evening only a small number attended. Mrs. Charles Kahnt and Mrs. E. Andreas, representing the Rockport society, called at several of the homes here on Wednesday in the interests of the association. Mr. and Mrs. Ellis Foley visited at Norman Purvis', Lyn, on Sunday last. All are glad to learn that Mrs. Hunt who has been seriously ill here is improving. L. O. Warren spent last Saturday in Brockville. Miss Anna Warren spent a few days recently at R. White's, Caintown. Mrs. C. Kahnt and Mrs. E. Andreas, Rockport, at W. H. Warren's.

Lennox & Addington

TAMWORTH.

April 6.—Mrs. Thompson, Toronto, is visiting at L. P. Wells'. Charles McGuire, 81 years of age,

passed away at the home of his daughter, Mrs. George Bell, following an attack of pneumonia. The funeral, which was largely attended, took place to Christ church, Rev. Mr. Pasten officiating. Dr. O'Connor is wearing a broad smile. A baby girl has arrived at his home. Maple syrup is very plentiful and is selling at \$2 a gallon.

Bath Breezes.

April 5.—Miss Gladys Topliff, who has been teaching at Toronto, is recovering from a severe illness at the home of her sister, Mrs. Robert Stevenson. Mrs. Albert Hoselton and baby have returned from visiting friends at Brownville, N.Y. Miss Turner, a returned missionary, gave very interesting addresses in the Methodist church on Tuesday and Wednesday evening of this week. Bernard Brown, Brockville, spent a

few days last week with friends here. Mr. and Mrs. Earl McClelland attended the funeral of his brother, the late Max McClelland at Odessa, on Tuesday of last week. Mrs. Jones is visiting her parents, Mr. and Mrs. Charles Vanalstine.

Several from here attended the variety show given at the home of Mr. and Mrs. Anthony Hagerman at McIntyre's Corners for Mr. and Mrs. Abraham Hagerman. A meeting was held in the town hall on Monday night to explain the hydro electric system. Mr. Her was the speaker. Mr. and Mrs. Wm. Hamilton are moving to Kingston this week. Harry Mott, of Napanee, is spending a few days with his parents, Mr. and Mrs. Robert Mott. M. Berry, of the Royal Bank staff, has been transferred to the branch at Seeley's Bay.

A good friend never offends.

Large advertisement for Abbey's Effervescent Salt. Features a large illustration of a man in a suit holding a glass of the product. Text includes 'Abbey's EFFERVESCENT SALT', 'First Thing in the Morning', and 'The man who smiles before breakfast is the man glowing with health and vitality'.