



"There Goes the Last Train!"

Long Distance to the Rescue

"What shall we do, George? There goes the last train, and the children will be alone all night. We simply can't have that; Betty is such a nervous child, and Bobby's always hunting for matches to make Indian bonfires with. It's dreadful."

"Well, Mary, you can't get home to-night. That's all there is to it."

"But we must do something. They may set the house on fire!"

"Listen! Here's the drug-store. We'll call up Annie by Long Distance and ask her to go over and stay with the children."

"Oh, what a relief!"

Simple isn't it? Long Distance is the friend in need, always at hand, always ready to put you in touch with family, friends and business. Like the magic wishing-cap of old, you have but to wish to hear the familiar voices — and take down the receiver.

Every Bell Telephone is a Long Distance Station

THE BELL TELEPHONE COMPANY OF CANADA



FLOWERS FOR EASTER

THE SOULFUL EXPRESSION OF THE DAY
The only sweet thing God ever made, and forgot to put a soul into.
Order your Easter supply early.
See our choice selection of Roses and Carnations.
Easter Lilies and all kinds of Pot Plants.

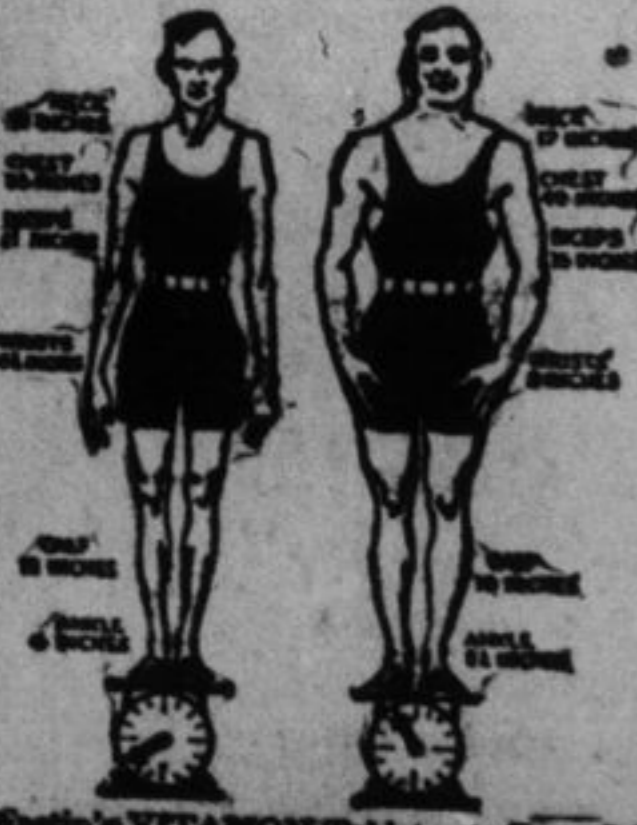
LAWSON

FLORIST

STORE: Corner Wellington and Brock Streets. Phone 770.
CONSERVATORIES: 68 Centre Street. Phone 1174J.

How Mastin's Yeast Vitamon Tablets Put Flesh On Thin Folks

Strengthen The Nerves and Invigorate The Body—Easy and Economical To Take—Results Surprisingly Quick.



If you want to put some flesh on your bones, invigorate your nerves and power, clear the skin and complexion, and look and feel 100 per cent better, simply by taking two Mastin's Vitamon Tablets with each meal and wash results. Vitamon contains highly concentrated yeast-Vitamins as well as the two other still more important vitamins (Vit. B and Water Soluble C) and leaves nothing to be desired. It positively will not upset the stomach or cause gas, but, on the contrary, is great aid to digestion, for excessive consumption and as a general conditioner of the whole system. Complete satisfaction absolutely guaranteed or the trial cost you nothing. Be sure to remember the name Mastin's VITAMON—the original and genuine yeast-vitamon tablet—there is nothing else like it, so do not accept imitations or substitutes. You can get Mastin's VITAMON Tablets at all good druggists.

MASTIN'S VITAMON TABLETS are fully guaranteed in every respect . . .

if it MASTIN'S VITAMON The World's Standard Used by Millions

DISTRIBUTOR, DUNCAN-MORSE & CO., 207 St. James St., Montreal, Canada

He that marries ere he is wise will die ere he thrives. We never know the worth of water till the well goes dry.

DISTRICT NEWS

Elected by Acclamation.
Dr. E. H. Wickware has been elected by acclamation as a member of the Smith's Falls Board of Education to fill the remainder of the term of W. A. Woodside, resigned. Dr. Wickware is a former member of the board.

Died Very Suddenly.
Mrs. Samuel Ellis, Picton, died suddenly Wednesday. P. H. Empey, her brother, had dinner with her and had only gone from the house a few minutes when Mrs. Ellis expired. She was the widow of the late Samuel Ellis and had resided in Picton for many years.

Married on Easter Monday.
Mr. and Mrs. William Hawkins Glen Creek, Prince Edward county, announce the marriage of their daughter, Catherine, Alice to James Charles Deremo, D.F.A., Lieut. Royal Air Force, on Easter Monday, at Detroit. This young man, after returning from overseas, spent holidays at the Sandbanks.

To Hold Election.
There will be an election in Elizabethtown for the reeveship rendered vacant by the resignation of William Jelly, counties clerk. The candidates are Reuben Davis and Thomas Pettem. The election will be held on Tuesday. Both candidates have served as Reeves of the township previously.

Buried at Deseronto.
The remains of the late J. Hartman a former Deseronto resident, were met by Funeral Director Allum and taken to Deseronto cemetery for interment. Mr. Hartman died at Ottawa and the body was brought east by a son. He was about eighty years of age and well-known to the older people of the town.

Regatta on Civic Holiday.
The annual meeting and election of officers of the Rideau Lakes Protective and Aquatic Association was held at Ottawa when it was decided to hold the annual regatta on civic holiday on the Rideau River at Portland. H. F. Brooks was unanimously elected president of the association.

The Late Miss Eliza Cullen.
Friday morning death came, with startling suddenness, to Miss Eliza Cullen at her home in Almonte. The deceased had not complained of being ill and her death was a shock to her relatives and friends. She is a daughter of Joseph Cullen. Besides her aged father she is survived by two brothers, James, of the Sovereign Perfume Co., Toronto, and John of Almonte.

Passed Away at London.
On Thursday H. N. Moss, Renfrew, received a wire that his eldest sister, Mrs. A. J. Gilmour, formerly of Renfrew, had passed away at her home in London. She is survived by three sons, two living in London and one in Philadelphia, and two married daughters, also resident in London. Mrs. Gilmour's death makes the first break in the family of brothers and sisters, since confederation. Two sisters live at Deseronto. Mr. Moss went up to the funeral.

Sunday School Convention.
At the annual convention of the Athol and South Marysburg Sabbath School Association held in Cherry Valley. The following were elected officers for the ensuing year: Pres., Mr. Stephen Dulmage; vice-pres., Sidney Tripp; sec-treas., Mrs. J. H. Bushell; department officers: Children's, Mrs. Arthur McCrimmon; teen age boys, Norman Fennell; teen age girls, Miss F. Francis; adult, Walter Striker; home, Mrs. Nelson Palmatier; teacher training, Miss Amanda Whattam; missionary, Mrs. Almon McCrimmon; temperance, James Fennell.

Brick Plant Doubles Capacity.
The West Lake Brick Co. is making extensive additions to its plant. They have recently purchased a lot of brick making machinery from a plant in Moose Jaw, Sask., and is now being installed at the Sandbanks. When completed the capacity will be increased from 24,000 to 48,000 brick per day, giving employment to about thirty men. The company have about half a million brick ready for shipment and the proprietor, Henry E. Briscoe, states that the Dominion government is sending engineers to look over the situation at the Wellington outlet with a view to dredging the channel.

Many Happy Returns!
William Metcalfe Richey, Carleton Place, celebrated on Saturday last the ninety-first anniversary of his birth, and so far from occupying a seat "in the chimney corner" dreaming o'er the past he was moving about town with elastic step and the brightest of countenances. He was born April 8th, 1831, in Perth, a son of Josias Shirley Richey. Mr. Richey's sight and hearing remain good; his intellect is still bright. And he thanks heaven that his memory continues to function. Before coming up street on the morning of his 91st birthday he had a cold bath, as part of his daily routine. Every year he spends several months at his summer cottage, and regularly every morning there he enjoys a swim in Rideau Lake. Mr. Richey was superannuated from Rideau canal service in 1902 after having been on the staff since 1866.

Counting one's money will not prevent its being stolen.
One man's meat is another man's poison.



If It Were Not for Women and Children—

The "guardian angel" of life insurance is today standing watch over thousands of Canadian homes. It is the great protector and friend of the women and children. It stands ready with three billion dollars to care for the dependents of the vast army of those insured,—to provide rent, food, clothing, education, and the other things that become even more necessary when the breadwinner is removed.

Take stock of your provision for those whom you love and who are entrusted to you for protection, not for so long as you live, but for as long as they live. Let it not be said: "He provided so well for himself, his wife and children, that he entirely forgot his widow and orphans."

Consult any life insurance representative, and you will be surprised to learn what adequate provision can be made through life insurance, and how simply it can be done.

IF IT WERE NOT FOR WOMEN AND CHILDREN THERE WOULD BE NO LIFE INSURANCE. HAVE YOU ENOUGH LIFE INSURANCE FOR YOUR FAMILY?

LIFE INSURANCE SERVICE.

For A Hurry-Up Breakfast

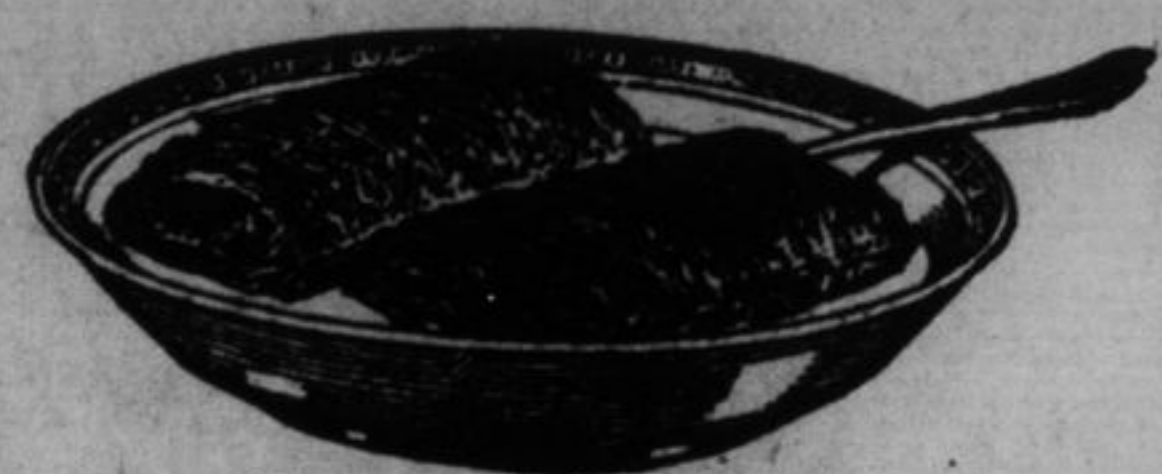


There is so much to do—Daddy must get off to work and Johnny off to school. Make them both happy and healthy and save your own strength and time by giving them

Shredded Wheat

for breakfast. It is the most deliciously satisfying, hurry-up breakfast you could serve and it is ready-cooked and so easily digested. In addition to real food it contains all the mineral salts the human body needs; also the bran for keeping the intestinal tract clean, active and healthy.

Shredded Wheat Bisquit is delicious with hot or cold milk, sliced bananas, prunes or canned fruits. Toss it in the Shredded Wheat wafer and is eaten with butter, cheese or marmalade.



Put two pennies in a purse and they'll creep together. Many ways to kill a dog though you don't hang him. As you make your own bed, so you must lie down. None can play the fool as well as a wise man.