

DO YOUR BOWELS MOVE REGULARLY, OR DO THEY Become Constipated

There is no medium through which disease so often attacks the system as by allowing the bowels to become constipated, and there is no other trouble which is so liable to that is more liable to be neglected, because material inconvenience may not be felt, at once, from irregular action of the bowels. When there is no regular action the retention of the decayed and effete matter, with its poisonous gases, soon poisons the whole system by being absorbed into it, causing violent sick and bilious headaches, internal bleeding or protruding piles, heartburn, jaundice, etc.

MILBURN'S LAXA-LIVER PILLS will regulate the flow of bile to act properly on the bowels, thus making them active and regular, and removing the constipation and all its allied troubles.

Mr. Samuel Buckler, Tatamagouche, N. S., writes:—"For over a year I suffered with constipation. I took several different kinds of medicine, but could only get temporary relief. I was told to try Milburn's Laxa-Liver Pills. I procured two vials of them, but after I had taken one I found that I was relieved of my trouble. I do not hesitate to recommend Laxa-Liver Pills for any kind of constipation."

Price, 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SANTAL MIDY CAPSULES. CATARRH OF THE BLADDER. AUTO TOPS RECOVERED and REPAIRED. R. H. JONES. 330 PRINCESS STREET. Phone 152.

SORE THROAT. DR THOMAS' ECLECTIC OIL.

DO WOMEN WORK AS HARD AS MEN? Yes. And They Must Keep Well and Strong. Two Interesting Letters.

Toronto, Ontario.—"When my husband was called back to England in 1914 I took Lydia E. Pinkham's Vegetable Compound to strengthen me so I could work. I had a trouble that used to make me weak, but I am able to do my work now and am perfectly satisfied with your medicine. I still get it at the chemist's and I strongly recommend it to anybody I hear of suffering as I did. You may publish this if you wish."

I Did Not Feel Like Working. "I was in a general run-down condition with a weak back and a tired feeling so that I did not feel like working. My mother was taking Lydia E. Pinkham's Vegetable Compound and recommended it to me, so I have taken it and my back is better and I am now able to do my work. I recommend the Vegetable Compound to my neighbors and you may publish my letter."

Lydia E. Pinkham's Vegetable Compound should be taken when you first notice such symptoms as nervousness, backache, weakness and irregularity. It will help you and prevent more serious trouble. Give it a fair trial.

L. C. HEMSLEY. from R. J. RODGER. WATCHES and CLOCKS REPAIRED. at shortest notice. 149 Sydenham St. Phone 2056J.

EVERSHARP PENCILS REPAIRED. We are equipped to make any repairs to above pencils. We carry a supply of parts. Prompt service. J. R. C. Dobbs & Co. 41 Clarence Street, Kingston.

You and I are prone to think the world is out of joint to suit us. The fault is with us -- the world is all right.

From the Countryside

Frontenac

CROW LAKE. April 21.—Mr. Hagen has moved his mill to Parham. Master Woodrow Harris is confined to bed with pneumonia. Mrs. J. E. McEwen and Miss Beulah McEwen spent the Easter week-end in Trenton. Mr. and Mrs. K. Hanson and family, Perth, spent the week-end at her father's Louis Baln's. "Sandy" Mahon spent Sunday here among friends. Richard Reynolds has moved from his residence in the village to his new home on the farm. Alexander Quinn is renting Mr. Reynolds' residence in the village, leaving a vacant house at Crow Lake awaiting a tenant.

TICHOBORNE. April 19.—The recent heavy rain falls have left the roads in a very muddy condition. Sugar-making has come to an end and a great amount of syrup is reported to have been made. Nearly all the farmers in this vicinity have had to buy feed. The many friends of Mrs. Joseph Harris are sorry to hear of her severe illness. The home of F. W. Harris is brightened with the arrival of a little son. Mrs. Alonzo Kennedy has undergone a painful operation on her eye but is improving nicely. Mrs. George Bertram and son Melville, are at Wm. Steele's. Alex. Howes, Oshawa, at Alonzo Kennedy's; Mr. and Mrs. C. Phillips at G. Hamilton's; Orvil McEwen and sister Stella spent their Easter holidays at home.

MOUNTAIN GROVE. April 21.—It has been very rainy weather lately, yet the roads are in a very good condition as the ground seems to absorb the moisture readily. Sugar-making is over, and the farmers are at work on the land. Quite a few attended the Campbell sale on the Godfrey road on Tuesday. D. Drew has installed a new gasoline tank and pump. Mrs. George Flynn is on a visit to friends in Smith's Falls. A number of the men have secured work on the C. P.R. section here. Mrs. G. Summers is seriously ill. Mrs. C. McIvor visited at Oconto recently. Among the Easter visitors are: D. Youmans and son Earl, Kingston, at William Cowdy's; H. Summers, Toronto, at G. Summers'; Garnet Coulter, Newburgh High School, at his father's, R. Coulter's; J. Cox, of the C.P.R., at his home here; Miss Weston, teacher of the Union School, spent Easter Sunday in Tweed. Mr. and Mrs. William Johnston at H. Card's; F. Thompson and C. Price, Port McNichol, at their respective homes here; Mr. and Mrs. C. Wood at E. Thompson's.

INVERARY. April 21.—Mr. Knight, who passed away last fall, was buried at Sand Hill on the 19th. Rev. Mr. Parks, assisted by Misses Caldwell and Eastman, is holding revival meetings at Leland. There was special services in the Methodist church every evening last week. Rev. Messrs Codling and Duffield assisted Rev. Calvert. On Sunday morning, Norman Freeman, B.A., delivered a splendid address to a large and appreciative audience. Sympathy goes out to Mrs. F. S. Ferguson, who lost her mother on the 19th. The funeral will be conducted at Sydenham tomorrow. Mrs. John Arthur is in poor health. The young people are presenting their play, "Farm Folks," again next week. Miss Gertrude Deadmen spent the week-end at Dr. A. E. Freeman's. William Garrett has gone to make cheese at Sunbury. J. E. Storms and granddaughter, Ila Storms of Wilton spent the week-end among friends here. Miss Olga Arthur and Warren Arthur of S.H.S. and Misses Frederika Ferguson, Daisy Lake and Myel Barr are spending their holidays at their various homes here.

KEPLER. April 21.—The heavy rains of the past week has greatly retarded farming operations. A few fine days would be very much welcomed. The W.M.S. held the monthly meeting yesterday at Mrs. A. Orser's. W. H. Horning disposed of some fine young horses last week. Frank Johnston has moved to Murvale where he intends to farm. Miles Cranston has sold his property to his brother, George Latimer. Those from other parts who spent Easter at Kepler were: Miss Helen Warrman, Toronto, Ont., with her parents; Misses Dorothy and Gladys Orser, Queen's University at home; Harold Babcock, Oshawa, at Kenneth Babcock's; Miss Helen Bradley, Collin's Bay, at O. V. Hansen's; W. Keyes and wife, Wolfe Island at A. Orser's; H. E. Johnston and family visited friends at Newburgh this week. Miss Olga Wartman is visiting at Eginburgh. Miss Rose Wright is spending the Easter holidays with friends in Montreal. Mr. Huntley and wife are side. Mrs. Howard Buck is recovering from a severe attack of grippe.

Leeds. POOLE'S RESORT. April 20.—Miss Grace Burch, who has spent the winter in Rochester, N.Y., is visiting her sister, Mrs. Charles Williams. C. O. Guild, Malorytown, delivered seeds through here this week for C. J. Barnes, Malone, N.Y. R. W. Turkington, travel-

THEM DAYS IS GONE FOREVER

Comic strip panels with text: OOH-LOOK WHAT SOME-ONE'S THROWN AWAY - GEE-WHAT'S THAT PICTURE FOR? AN OLD AND BATTERED RELIC OF THE DAYS BEFORE THE WAR. IT BRINGS FORTH TENDER MEM-OR-EEZ OF TIMES THAT AINT NO MORE! THEM DAYS IS GONE FOREVER!

Lanark. LAVANT STATION. April 19.—Harvery Thomas, England, is visiting his mother, Mrs. William Thomas, "Hillview Farm." Miss Violet Prasky, Perth, spent Sunday with her sister, Mrs. W. J. Boyd. Mrs. George Sproule and daughter Reta are spending a few days, this week with Mr. and Mrs. James Love, Caldwell Mills. Mrs. W. J. Boyd and baby spent a few days last week with her sister, Mrs. A. Crawford, Calabogie.

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.

Mr. Albert Marsh, Lower L'Ardoise, N. S., writes:—"About a year ago I contracted a cold accompanied by a very bad cough and sore throat. I sent for the doctor, but what he prescribed did me so little good I began to get discouraged. A friend came to see me and asked me if I had ever used Dr. Wood's Norway Pine Syrup. I told him I had not and sent him right away to get me a bottle. I started using it, and after a couple of days I found I was getting relief, and after taking two bottles the soreness in my throat seemed to be leaving me, so I resolved to continue its use, and after I had used five bottles both my sore throat and cough were gone. I would not be without "Dr. Wood's" for any money."

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

He loves me little who hates me for naught.

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CONCRETE for surfacing of course but what of the other features that contribute to ROAD PERMANENCE. Upholders of "building roads for permanence" must—to be consistent—recognize that true permanence calls for something more than merely the right surfacing material. With the adoption of Concrete for the road's surface, we must also realize that other factors besides the surfacing enter into the building of permanent highways of concrete. Such care in the preliminary work, may require considerable patience before the road is ready for surfacing. But the inconvenience of the delay, and the increased investment, are both amply justified by the permanent character of the work which results. On main highways a high type of surfacing is needed for the carrying of modern traffic. This higher type of surfacing is most truly an economy when it is accompanied by the higher type of construction throughout. All who are in any way interested in Highway Construction should write for our literature explaining the advantages of Concrete for Highway Improvement. CANADA CEMENT COMPANY LIMITED. Canada Cement Company Building Phillips Square MONTREAL. It's the little they cost to maintain that makes concrete pavements economical.