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the goodness of our coal as if you personally examined every lump of it. Try one ton, and you'll become one of steady customers,

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Floating Specks Before The Eyes Means Liver Trouble

When specks start to float before the eyes, when everything seems to turn black for a few seconds and you feel as if you were going to faint, ou can rest assured that your liver as follows: is not working properly.

The essential thing to do in all rases where the liver is slow, lazy or torpid, is to stir it up by the use of Milburn's Laxa-Liver Pills and clear away the accumulated mass of waste and poisonous matter from the system.

Mr. Chas. Ayland, Frankville, Ont., writes:-"I used to be awfully ston, bothered with floating specks before my stomach. I took just half a vial

Milburn's Laxa-Liver Pills are 25c. Let me quote you rates on any line a vial at all dealers, or mailed direct of insurance you may be interested on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



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Choice Western Meats

GROCERIES AND FRESH VEGETABLES. Best service.

J. T. EVES

171 RAGLAN ROAD

Owing to the cabinet council havng decided against it, the empire prize meeting mooted by the Dominion of Canada Rifle Association for 1925, has been declared off for

KINGSTON AND VICINITY

The First Robin

ley Huffman's, at Moscow." Coming to Rockwood.

Brinkman-Minnie Wedding. manse, Toronto, Fern, daughter of nolite, was married to William

Brinkman, Havelock.

Purchased Old Homestead for over sixty years.

Venerables Were Married. Wesley Hawley and Mrs. Airhart, of Bancroft, were married at Tweed honeymoon about Tweed.

Engagement Announced. Mrs. Donald MacFarlane Fraser,

MCLAREN'S

JELLY POWDER

MADE OF PURE FRUIT JUICES

A delicious dessert---easily prepared

YOUR GROCER CAN SUPPLY YOU

Don't just ask for McLaren's. Say McLaren's "Invincible." Also ask

for McLaren's Invincible Ofives, Quick Puddings and Flavoring Extracts

A correspondent at Moscow writes her daughter, Margaret McCallum that had resided at Pembroke where Caldwell, to Waring Gerald Cosbie, she was born. "The first robin of the season was M.B., son of Mr. and Mrs. Robert seen Thursday morning near Mor- Henry Cosbie, Toronto. The marriage will take place quietly on April 2nd.

hospital, Brockville, is being transof Drumheller, Alberta, in a four- Saturday and Monday. In St. James' Square Presbyterian cornered fight. Mr. McConkey is president of the Hy Grade Coal

Capture Waffle Shield. The O'Gorman family lived there times, so next year's winners will new home in Forest Mills. have permanent possession of the

Eganville Resident Dead. At Eganville the death occurred on Monday. The groom gave his of an old and respected resident, age as seventy years, and the bride Mrs. M. J. McCann. Deceased was is only a few months his junior. The seventy years of age, and had but "happy couple" are spending the recently celebrated her golden wedding with her husband, M. J. Mc Cann, who in early days was the first reeve of the district. Mrs. Me-Cann had lived in Eganville for

Perth, announces the engagement of | forty-eight years, and previous to

Montreal Conference.

The Montreal Methodist Conference, annual session, will meet in Gananoque on June 6th, preceded by Dr. George C. Kidd, of the Ontario Elected Mayor of Drumheller, Alta. the ministerial session Wednesday, At New Dublin, word has been June 4th. According to present arferred to Rockwood hospital at King- received of the election of H. C. rangement Dr. Endicott leads the de-McConkey, son of Mrs. S. McCon- votional hour on Friday, and Dr. key, formerly of this place, as mayor W. T. Brown, Victoria College, on

Address and Presentation. A very enjoyable evening was spent at the home of Mack Burgess, on the Newburgh road, near Nap-Perth Curlers have won the Waf- anee, when the neighbors and friends fle Shield, donated by S. E. Waffle, of Robert Cook gathered together The old O'Gorman homestead on Ottawa, for competition between and presented the family with an Lower Montreal street has been pur- Smith's Falls and Perth. The shield address and chair. The evening was chased by Isaac Cohen. This is one is to be played for for nine years, spent in games and dancing. Mr. of the old landmarks of the city. and both clubs have now won it four and Mrs. Cook have left for their

New Business Block.

An ornate and imposing new business block is to be erected in Pembroke by J. E. Wallace on the vacant lot just west of the Bank of Nova Scotia. Plans show a structure with a frontage of fifty feet on Pembroke street and a depth of 100 feet. will be of brick construction, two storeys high, with two stores on the ground floor and offices above. One of the ground floor stores will be occupied by Wallace & Co.'s shoe store. The new building will be an attractive addition to main street's business places.

Dewart's Double. According to the Winchester

Press, A. Sweet, M. P. P. for Dundas county, finds a fly in the ointment in his enjoyment as a member of the Ontario house in Toronto. It is his evident striking resemblance to Hartley Dewart, a late leader of the Liberal party in the Ontario house. Time and again, he says, parties come and address him as either Mr. Dewart or just Hartley. As long as it is men who thus approach him, Mr. Sweet can turn the joke and enjoy the fun, but when, like on the evening of the opening, several attractive ladies came rushing upon him with "Oh, dear Mr. Dewart," he said the situation was one that even his long experience in handling difficult situations was not equal to, and if it had not been altogether embarrassing, he might have been inclined to allow the dear ladies to go on deceiving themselves. On one occasion, Mr. Sweet says, when he was among a number of well-known Conservative members, a gentleman came over to him and slapping him on the back, said, "Well, Hartley, coming over to join us now?" Fortunately, Mr. Dewart is not a member of the legislature, otherwise the silation might become very complicated.

AUTO SHOW AT PICTON

Machine Gun Inspection-A Banquet Held Over a Wood Chopping Wager.

Picton, March 19 .- Thomas Hefwhere he went last week for an operation. Mrs. Heffernan accompanied him to the city. Picton automobile dealers are

making great preparations for their four days' auto show to be held in the Armouries, March 25th to 28th inclusive.

The I.O.D.E. are planning for a dance to be held in the armouries on Easter Monday night. D. L. Bongard is ill at his home,

Barker street, having been stricken with paralysis on Wednesday night. The Mission Circle of the Methodist church gave a New England dinner on Thursday evening. Dinned was served from six to seventhirty, after which an excellent programme by local talent was enjoyed in the Sabbath school hall.

A car load of horses arrived from the west on Saturday. They will be offered for sale by public auction on Saturday.

C. R. Parker, Hamilton, was town on Wednesday. D. Robertson, Toronto, was in town this week. T. Farrell, Montreal, paid a fly-

ing visit to Picton on business on The inspection of machine guns and band concert held in the ar-

mouries on Wednesday evening was attended by a large and interested crowd. The Hastings and Prince Edward Band furnished the music. A good representation of men from Belleville, Madoc, Trenton, Stirling. Campbellford and Tweed arrived on the 7:30 train with Colonel Bywater in command. The contest in the field-gun shooting was very close, Madoc and Picton being a tie, and it was only in the final contest that | the Picton men won out. Dancing commenced at 9.30 and continued until an early hour. Music for dancing was furnished by Cooper's

The banquet at the Royal hotel on Wednesday was pronounced the best yet by all who were privileged to be of the party, which consisted of the members of the county council and the town council and the directors and honorable directors of the agricultural association. The banquet was given by W. J. Carter in settlement of a wager between himself and B. Leavens, Bloomfield, when Mr. Leavens won out by chopping a cord of hard, body maple wood in a day. Bert Wilson, Bloom field, was official umpire.

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A FOOD

Health is Practically Everything to Everybody

COOD HEALTH—that rare feeling of perfect physical fitness-is the mostsought-for blessing in the world. It is practically everything to everybody. It is so definitely related to the things we eat that certain foods are a boon to the health of mankind.

Grape-Nuts is one of these foods!

For into Grape-Nuts goes all the nourishment of Nature's finest grains—wheat and barley. These grains supply Phosphorus for strength and vigor. Starches, happily changed to sugar form, by a special process of slow baking, to build and repair tissues. And roughage-to clear the body of toxic poisons.

Grape-Nuts have that delicious flavor. The tasty goodness of them makes you want to eat them. Their crispness makes you chew it-it is good for the teeth. It is easily digested, soundly nourishing and economical, because each package contains a great many helpings. Serve it right from the package-with cream or milk. Your grocer has it.

GRAPE-NUTS CLUSTERS

I teaspoon butter, 2 tablespoons cream or top milk, 1 cup Grape-Nuts, 2 squares un-

Melt chocolate in double boiler, stir in butter, cream and Grape-Nuts. Drop from a spoon onto marble slab or oiled paper and let stand to harden. This recipe makes 12 to 15 clusters.

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