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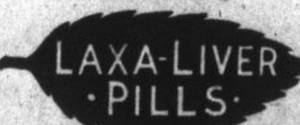
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Once your bowels become constipated you are in for a lot of trouble. as constipation is one of the most prolific sources of disease that the human race is addicted to, therefore a free motion of the bowels every day should be the aim of everyone who aspires to perfect health. Mrs. O. W. Lawrence, Cloverdale East, N.B., writes:- "I was troubled with chronic constipation, and became so bad I was almost afraid to eat One day I saw your advertisement

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so I got three vials, and after taking them I have never been trouble since with constination." Put up only by The T. Milburn Co., Limited, Toronto, Ont.

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the ideal vitamin-food for children with rickets or malnutrition.

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Dominion **Meat Store**

Tomorrow's Specials Picnic Hams,

22c. pound Pork Sausages 20c. pound

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Cooked Ham 50c. pound Pure Lard

19c. pound Prompt Delivery

News From District Places

SACRED HEART LADIES

Euchre and Dance on Wolfe Island Proved to Be a Great Success.

Wolfe Island, Jan. 16 .- A euchre hall on Wednesday evening under the auspices of the Ladies' Club of the Sacred Heart church, there were Mrs. Norris Sutton, Toronto. about 150 couples present, including a number from Kingston. Sandy was won by Gordon Rooney. The nell's Corners, South. ladies served supper at midnight.

Kane, a daughter. Mrs. E. Prinyer days with her daughter, Mrs. R. ronto after spending some time at high mass was solemnized by Rev. has returned home from Watertown, Jackson, Yarker. Rev. and Mrs. An- the home of her mother, Mrs. Chis- Father Carry, the remains of the N.Y., after spending three weeks derson, Newburgh, took dinner at holm. A number of young people late Mrs. Donevan were placed in ley. Mrs. John Laughlin who was Mr. and Mrs. Joseph Lewis spent by St. Columbanas Club on Wednes- the week-end at her home. slightly indisposed is improving and last Friday evening at Perry Alken- day evening where a very enjoyable | The play held in Delta, on Friday

James Casey underwent a successful operation for appendicitis in the Hotel Dieu hospital, Kingston. James Kehoe's fourteen-year-old daughter is confined to her home Thomas Menzies Was Chosen for suffering with pneumonia.

Isabel Gerow has returned home daughter, Mrs. E. Ritzel.

ed on its route between Kingston two o'clock. Mr. and Mrs. Norris and Cape Vincent. The measles and received many hearty congratulagrippe are quite prevalent here.

REEVE DREW'S JOY.

Manifest by a Dance at Sharbot Lake.

Scott's Corners, Jan. 14 .- Owing to the recent snow storms the sleighing has greatly improved and the farmers are busy getting ready for their winters hauling. Melville Drew who has secured the reeveship, of Oso, in the past election will give Stirling 4-2 in the hockey game a dance in the Community Hall, Sharbot Lake, on Friday night, 15th, large crowd from here went to Stirin honor of his election. A number from here intend going.

Mrs. John Rutherford, Manville, Alta., who attended the funeral of her mother, Mrs. Robert McDonell, has returned to her home. Mrs. W. E. Donnelly has gone to Toronto to spend a few days with her sister, visiting at his home here. Mr. F Mrs. H. H. McLean, Englehart, who H. Trinnell and family, of Tweed is convalescent in the hospital in To- are moving to Markham, where they ronto. Miss V. G. Bertreau, River- have purchased a farm. side, spent a few days visiting friends here and has gone to King- Mrs. T. N. Beatty passed away on ston where she has secured a posi- Monday, aged eleven days. Mrs. H. tion. Mr. and Mrs. John McDonell McCordy, Watertown, N.Y., is visitand family and Mr. and Mrs. Harry ing her parents, Mr. and Mrs. S. McDonell and family spent Sunday Bowers. evening here. Mr. and Mrs. Robert McVeigh, Zealand, spent Tuesday evening at Robert McDonell's. Robert McDonell and family spent one evening last week at W. E. Con-

Mr. Joseph and Miss Jean Mc-Donell spent one day last week guests of Mr. and Mrs. J. W. Thomilson, Sharbot Lake. Miss Gwendoline McDonell intends returning to Manville, Alberta, some day next week. Measles have become quite an epidemic in the community and Kingston, came with them and is several families are confined. The spending a few days with Mrs. Stovfuneral of the late Miss Ruby Lar- er. C. W. Hughson is suffering with mon, Oso, who died in Kingston inflammatory rheumatism. T. Bear-General Hospital, following an operation for appendicitis, was held in St. Paul's church, Zealand, on Wednesday morning, interment being nie, E. H. Stover and sons have inmade in St. Paul's cemetery there. Rev. Mr. Coleman officiated. W. C. Donnelly has purchased Thomas Scott's farm and will move out in the spring. Mr. and Mrs. Thomas Scott are undecided where they will

2 Years' Backache Subdued by "Nerviline"

Nerviline being a wonderful pain-destroyer, so I decided to try Nerviyears' backache was rubbed away, and to-day I am perfectly well."

All those who suffer from weak. aching backs, those whose muscles are stiff, whose joints are swollen, let them try Nerviline—the liniment that never fails. 35c, at all deal-

I NEVER SAW SUCH

be the element that comes to Canada, here. W. Brewster spent a try on try it you will join the great the neighborhood on business.

A NEW SAWING OUTFIT.

PHILLIPSVILLE PARAGRAPHS.

A Play Given at Delta Was Decided

Philipsville, Jan. 18 .- The snow-

storm of a few days ago have left

the roads in excellent condition for

Kirnen has been visiting relatives

in Athens and Charleston. Thomas

Mary Dwyre's. Mrs. Herberson,

Several noted dairymen from this

district attended the convention held

Miss Elva Chant entertained

Bethel, Jan. 14.—The sleighing has been greatly improved by the recent snow. Francis Dunn been sawing wood in our vicinity hauling wood, hay, etc. Miss Vera with his new outfit. The Ladies' Aid, Colebrooke, held their monthly social at the home of Mrs. L. Salis-Dwyre, Elgin, was a caller at Mrs. bury's, on Friday night. A good company was in attendance. Mrs. Brockville, is enjoying a short visit and dance was held in the C.M.B.A. William Jackson returned home on at the home of Mr. and Mrs. Hiltson Thursday after spending three Warren's. weeks vacation with her daughter,

Percy Galbraith is enjoying his in Kingston recently. Mrs. Olive new radio. James Hamilton and Putman has returned from Rose-Hogan's orchestra furnished music wife took tea with Mr. and Mrs. ville. Misses Julia and Kathryn for dancing. Mr. and Mrs. Craig Jay Hamilton, on Tuesday evening. Myers, R.N., have returned home Russell played a few selections on Harry Botting, Hartington, visited after an extended visit with Portthe piano and violin and had to re- at his cousin's, Garnet Jeffrey, on land friends. Patrick McNamee and spond to many encores. About fif- Tuesday. Mr. and Mrs. Perry Al- Miss Ersula, Toledo, were callers in teen tables were at play. Mrs. Ezra kenbrack, Miss Laura and Mrs. the village. Miss Pearl Grey, El-LaRush secured the ladies' first Edith Alkenbrack were entertained gin, is paying a short visit to Miss prize. The gentlemen's first prize at dinner at Thomas Clancy's, Bick- Inez Elliott.

Mr. and Mrs. Everton Peters, number of young folks on evening and Mrs. Levi Salisbury on Sunday. she holds a prominent position. eral services, held in St. Columbanas teresting meeting followed. Born unto Mr. and Mrs. Bert Mrs. S. Hamilton is spending a few Mrs. M. Seeds has returned to To- church, Elgin, where the requiem brack's.

SCHOOL TRUSTER ELECTED.

Althorpe School. Althorpe, Jan. 15. The annual from Peterboro after a brief visit school meetings took place some with her parents, Mr. Joseph Green- time ago. The retiring trustee of wood has returned home from Kit- S.S. No. 5 was Robert Tysick; chener after a brief visit with his Thomas Menzies was elected to take his place. The chopping bee at Ben-George Russell has returned home jamin Murphy's was well attended after a successful season sailing on and a great many trees were felled. the Upper Lakes. He has secured A surprise party gathered at the his certificate for captain. His many home of Harold Norris', Friday friends are congratulating him on night, and the evening was spent in his promotions. The stage has start- dancing. The party broke up at tions and thanks. The dance at George Farrell's was well attended and everybody reported a very good time. Mrs. John Dowdell who was badly hurt on Christmas day by falling down stairs is able to resume

NOTES FROM TWEED.

her household duties again.

Home Hockey Team Defeated Stirling by a Score of 4 to 2. Tweed, Jan. 15 .- Tweed beat played here on Wednesday night. A ling on Monday night to witness the hockey game between Stirling and

Miss Norma Bell left on Monday for Smith Falls, to enter the public hospital as nurse-in-training.

Mr. John Coulter, Winnipeg.

The infant daughter of Mr. and

Elginburg Has Chicken Pox. Elginburgh, Jan. 16 .- There is plenty of snow for sleighing here; the cars are making their regular trips, too. A great many people in this vicinity have grippe. Four cases of chicken pox-have developed this last week in the homes of those who have lately had them. Mrs. M. H. Stover and little daughter are home from the Kingston General hospital. Mrs. E. Martin, ance is not improving any. Mr. and Mrs. C. Irvine spent Thursday evening at Mathew Shannon's, Glenburstalled a new coal oil tank and pump. The school has been closed a few days owing to the illness o the teacher, Miss B. Jackson.

Myers' Cove Notes, Myers' Cove, Jan. 16 .- Draw-R. Perry were Centreville on Tuesday to the bedbe unfit for work," writes E. S. Oscar Perry's little girl is improv-Sloane, from Georgetown. "While in ing after her recent illness. Peter Smith Bros.' Drug Store, I heard of Kellar called on C. MacGregor last

Miss Maggie Wagar is spending a few days at Bay view. Mr. and

Lines From Leland Leland, Jan. 16 .- Farmers are busy cutting their supply of wood A number have been on the sick lis home of Melvin Young. School has Miss Thelma Ferguson has returned her aunt, Mrs. W. Lucy, Battersea. verary. W. Young, Seeley's Bay, is spending a few days at his h

The Suwanee river, made famous by the song, soon may be harnessed for electrical power.

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time was spent until the wee sma evening, was a decided success and I. W. Holladay and W. Newsome, ence. Mrs. May Moore, Elgin, was a gate to synod, Lewis McFaul. Plum Hollow, made a business trip visitor at Mrs. Julia Downey's on to Smith's Falls on Thursday. A Thursday afternoon. The January Peck, Ross Chase. few young people attended the meeting of the Women's Institute dance at Charles Warren's on Thurs- was held on Wednesday with nearly Robinson, Hugh A. Weir.

Dancing continued till three o'clock Bicknell's Corners, were with Mr. before her return to Toronto, where day evening. Following the fun- all the members present. A very in-

Vestry Meetings.

Vestry meetings took place in the with her daughter, Mrs. Karl Con- W. A. McWilliams', on Thursday. attended the church and dance held the vault here. Annie Myers spent parish of Ameliasburg of which Rev. F. G. Kirkpatrick is incumbent, with these results:

Ameliasburg - wardens, Lewis thoroughly enjoyed by a large audi- McFaul, James E. Robinson; dele-Carrying Place-Wardens, Pen

Consecon-Wardens, David W.



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