

ENDED YEARS OF BAD HEADACHES

"Fruit-a-tives" Completely Relieves all forms of Headache



MRS. HONORE VALIQUETTE
For over three years, I was troubled with very bad Headaches, Nervous Dyspepsia and Liver Troubles.

"Fruit-a-tives" is the juice of apples, oranges, figs and prunes, intensified and combined with tonics—and forms a complete fruit treatment for Stomach, Liver, Kidney and Skin Troubles.

At Banker's Hill. Banker's Hill, Feb. 25.—A great deal of snow has fallen during the week, and the farmers are busy sawing wood with their sawing machines.

ADVICE FOR HOME BUILDERS
Hundreds of home makers have availed themselves of the information on Planning, Building, Financing, Decorating, Furnishing and Gardening contained in the MacLean Builders' Guide.

VITAMINS

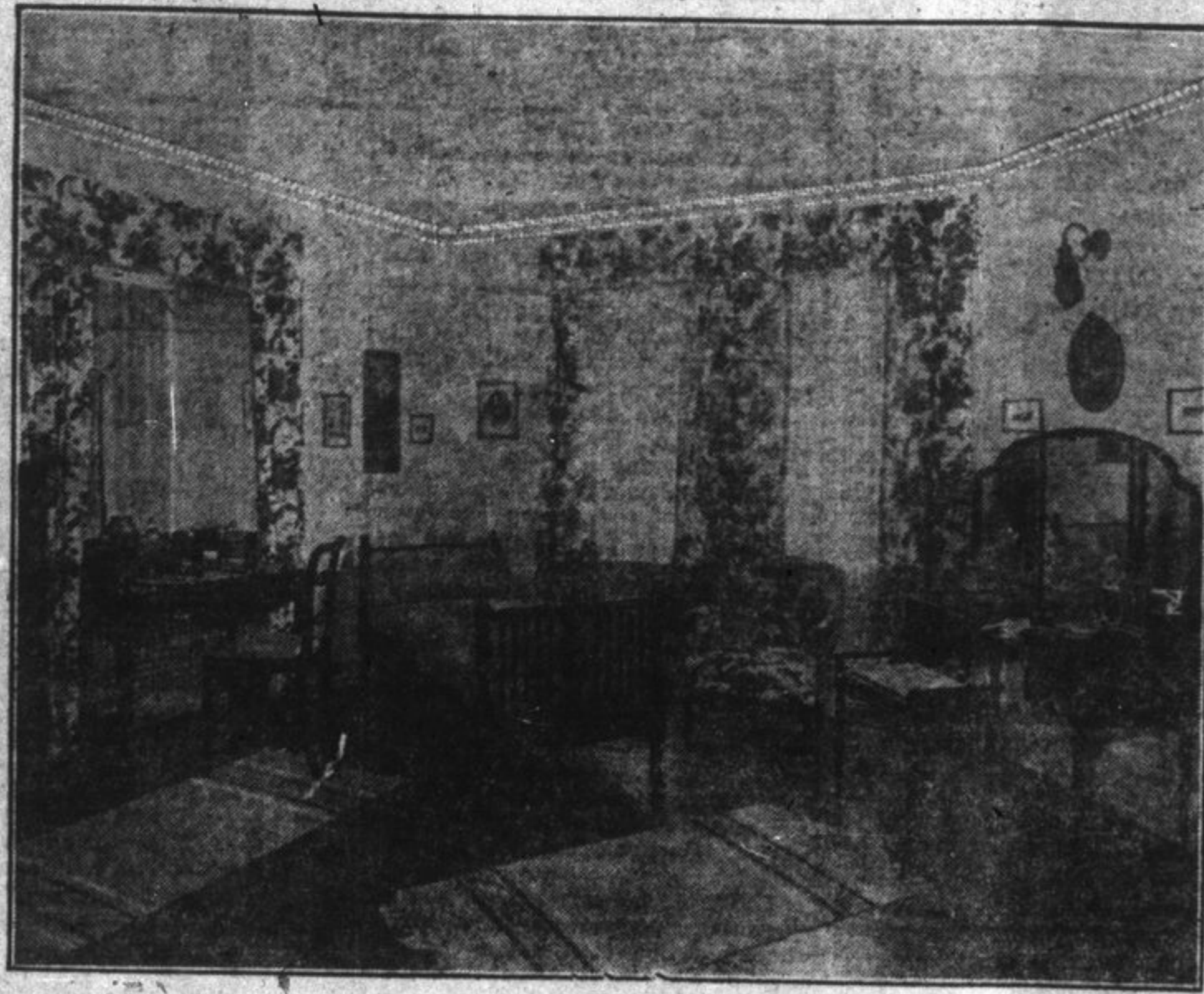
Many grown people do not realize the importance of the right selection of vitamin-rich foods to assure a sound body and health.

Scott's Emulsion

is the food-tonic rich in vitamins that helps solve nutrition problems. It supplies vitamin-nourishment to build health.

Scott & Bowne, Toronto, Ont.

FURNISHING A SMALL HOUSE



EDITOR'S NOTE—This article is one of a series on Furnishing, Decorating and Gardening as pertaining to moderate priced Canadian Homes.

The house which it is proposed to furnish is to belong to the \$6,000.00 to \$7,000.00 class, and taking the present day prices as a basis for size, would contain eight rooms, namely, Living Room, Dining Room, Breakfast Room and a Kitchen on the ground floor, and three Bedrooms and a Sunroom on the second.

In every case, where the occupant has no existing decoration to interfere with any schemes that he may have proposed, attention should at once be directed to the walls.

The walls of a house, with few exceptions, form the largest space to decorate and, of course, must be considered essentially as a background for any further decoration in the way of drapes, carpets, furniture, etc.

Bearing this in mind, it naturally follows that the colour of the walls should be low in tone, or, if pattern is used, it must not be too overbearing in colour or design. In the case of halls, however, where there is little or no furniture and very little drapery the walls can be of a cheerful nature, but not effusively so.

The Breakfast Room can be quite a contrast to this, thus assuring a bright and cheerful aspect gained, of course, by the use of yellows or light colours of this nature.

The best treatment for the Kitchen is paint, which will not absorb the odors and greasy spots that are certain to be the trial of the occupant when a paper is used.

The Bedrooms afford interesting treatments for either plain or figured papers of small pattern. These had better be left to the individual taste, some preferring pattern, others plain, but it should be borne in mind that over elaboration in the matter of colouring and pattern is not conducive to a restful state of mind, and a bedroom is primarily a place in which to sleep.

The Sunroom walls had better be left as plain as possible, as in most cases the wall areas are too cut up to permit the use of pattern.

Coming now to hangings, carpets and any upholstery materials, we find that, if plainer papers have been used, we have a perfectly clear field in which to indulge our taste for colour. The size of pattern should be in proportion to the size of the room, and choosing from the many excellent patterns of chintzes or damasks, that are at present on the market should not be difficult.

Let us suppose that we have chosen a chintz for the Living Room and a damask for the Dining Room, both patterns and on a plain paper; it is quite easy to repeat some of this pattern in the small pieces of upholstered furniture. The large piece, namely, the chesterfield had better be upholstered plain, and in a colour that will harmonize with the chintz. For curtains next to the glass a net, sufficiently sheer not to obstruct the view from inside, yet preventing outside intrusion, or a plain silk curtain, is highly successful. Many pleasing effects can be gained by frilling and draping these curtains and it will be found to give a freer treatment to the windows.

Carpets can either consist of one large or a number of small ones, preferably plain where a patterned fabric is used in the draperies and upholstery. It should also be of a darker hue than the walls to sustain the balance of tone that is very desirable in the successful decoration of all houses.

TONIC TREATMENT FOR INDIGESTION

Indigestion Comes With a Run-Down Condition—Relief Comes Through Enriching the Blood—Dr. Williams' Pink Pills Make New Blood.

There are many symptoms of indigestion such as acute pain after eating, belching of wind, nausea and vomiting, bloating and pains in the region of the heart, a dread of food for the misery it causes. Dieting and the use of pre-digested foods may give ease, but that is all, and meanwhile the stomach grows steadily weaker. The work of digestion depends upon the blood and nerves and the only way to get rid of indigestion is to tone up the stomach through the blood, to do the work nature intended it should do.

Among the many who have found new health through the use of Dr. Williams' Pink Pills is Mrs. Ada Webb, R.R. No. 3, Prescott, Ont. says:—"For a long time I went through the tortures of nervous indigestion; I call it torture because no other word can describe what I endured. If I took food I vomited, I did not sleep, and I was gradually growing weaker. I doctored for months but with no benefit. One day my husband said as the treatment you have had has not helped you, why not try Dr. Williams' Pink Pills. I consented and he got me a supply. After I had been taking the pills for a while I knew they were helping me as the pains and reaching grew less and I slept better. I gladly continued the use of the pills and in a few months I felt like a new woman, better than I had for years, and able to work for my husband and children again. After such a wonderful experience how can I do anything else but recommend Dr. Williams' Pink Pills.

If you need a blood-building tonic begin taking Dr. Williams' Pink Pills today. Send for a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

EVENTS AT SYDENHAM

"At Home" at the High School Was a Most Enjoyable Event.

Sydenham, Feb. 25.—The annual Sydenham High School "At Home" was a great success. It took place in the Sydenham High School Friday evening, Feb. 12th. The assembly hall was very nicely decorated with evergreen and red and green balloons and streamers. The lights were also hung with green and red streamers, flashing the lines colored on the school.

The "At Home" is a real meeting place for students of a past year. This year there was a record crowd and many of the older students were present. Among the past teachers present was Mr. Stine, who was formerly principal of the school for eleven years. Mrs. Stine, his wife, who also taught in the school, was present.

Among the ex-pupils were Mr. Wilfred Nichols and his wife, formerly Miss H. McKeever; Mr. Robert Craig, Miss E. Craig, Miss M. Sigsworth, Miss Olga Arthur, Mr. E. Manson, Mr. F. Martin, Mr. Robert G. Gues, Miss Jean Gues, Miss Harriet Gues, Miss Flora Woodruff, Mr. Gordon Blacklock, Mr. H. Keop and Miss Murray.

A meeting of the Women's Institute took place at Mrs. H. Gues' on Wednesday afternoon, Feb. 10th.

A meeting and social gathering of the Eastern Star members was held at the home of Mrs. H. Gues on Monday evening, Feb. 8th. At this meeting Mr. C. Walker, a chairholder of the lodge, was presented with a pair of brass bookends. A pair of brass candlesticks was presented to Mrs. M. Spafford. Miss Ruby Buck was presented with a very fine silver cake tray from the lodge.

The marriage of Mr. J. Blaislee to Miss Ruby Buck took place at the bride's brother's, Mr. H. A. Buck, on Wednesday afternoon, Feb. 17th. The miniature rink which Mr. Mayhew has built and operated for the sole use of all the village "kiddies" has been a great success. The rink is kept up by him, and all the "kiddies" are allowed to skate and play hockey free of charge. Great crowds of little tots skate and play. Mr. Mayhew deserves every credit that can be said and the "kiddies" appreciate his efforts.

The death of Mrs. B. S. Day, formerly Miss E. M. Clow, Harrowsmith, was received with sincere regret to the whole community. She died on Sunday, Feb. 7th, after an illness of a few days. The funeral was held from her residence to Cataract cemetery on Tuesday, Feb. 9th. She leaves to mourn her father and mother, Mr. and Mrs. J. Clow, Kings-ton, and her husband, Mr. Barney Day. Deceased took an active part in all the work of the community and will be very much missed among her friends. Mrs. Empey, aged ninety-seven years, and mother of Mrs. T. Leach, of this village, died after a lengthy illness. She was the oldest resident of this community.

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FASTEST IN THE WORLD

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Unnecessary to put hands in water—better washing—all rinsing done in washer. You can use scalding water for rinsing, as you do not put hands in water. The Dryer extracts water and soap. Demonstration.

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45-57 PRINCESS STREET. TINSMITHS AND PLUMBERS.

ARE LEAVING CROYDON:

Presentation Was Made to Mr. and Mrs. George Barragar. Croydon, Feb. 26.—Mr. and Mrs. George Barragar and family, have rented Mr. George Black's house at Tamworth. They are moving this week and their friends and neighbors gathered at their home on Monday evening to bid them farewell, and presented them with two fancy wicker chairs and centre table. The evening was spent in games and music, after which refreshments were served and before going home all joined in singing "For They Are Jolly Good Folks."

A number of the ladies of the Women's Institute attended the sewing bee at Mrs. W. J. Haggerty's on Thursday. Mr. and Mrs. Pat Nolan visited their daughter, Mrs. Joseph Murphy, Stratford, on Saturday. Mr. Stewart Close and Miss Margaret Kathleen Young spent Sunday afternoon at F. Franklyn's. Mrs. J. B. Kearns and Miss B. Finn had tea and spent Sunday evening at Mr. P. Nolan's.

Mr. George Black spent a couple of days with his daughter, Mrs. W. B. Close. Mr. and Mrs. James Dewey, Newburgh, and Mrs. Herbert Baron were visitors at Mr. Thomas Dewey's on Sunday. Messrs. Teskey, Galbraith and Bawn are able to be out after a bad attack of measles.

Mr. and Mrs. W. Bradshaw, Beaver Lake, and Miss Amy had tea at Mr. George Barragar's on Sunday.

Mr. James Hughes and mother spent Saturday in Napanee. Mr. P. Nolan and Agnes made a flying trip to Tamworth on Tuesday. Mr. Guy Barragar is ill with the measles. Mr. Bernard Murphy had dinner with Mr. P. Nolan on Tuesday.

Millhaven Personal.

Millhaven, Feb. 24.—Miss Ella Rickey, Barrie, and Mrs. William Rickey, Toronto, returned to their homes after attending the funeral of Ernest Rickey. Mrs. Arnold Baker spent one day recently at W. Weese's, Ernestown. Mr. and Mrs. Harry Young spent Saturday at Napanee. Mr. and Mrs. W. Doyle spent Sunday at H. Young's. John S. Young spent Sunday at W. Dine's, Collingwood street, Kings-ton. Mrs. Reginald Franklin and Close spent Sunday at Herb Close's, Beaver Lake. Mr. and Mrs. J. Kearns and Miss B. Finn had tea and spent Sunday evening at Mr. P. Nolan's.

Harold Gilbert, former Peterboro organizer of the Ku Klux Klan of the British Empire, was committed for trial on three charges of blackmail.

ROCKPORT ANNIVERSARY.

In the United Church—Death of Mrs. Anne A. Coby.

Rockport, Feb. 24.—Very impressive were the anniversary services, conducted by Rev. J. K. Curtis, Klagston, on Sunday in the United Church. On Monday evening the anniversary supper in the United Church, was socially and financially a success. Proceeds were \$75. A good supper was followed by a splendid programme. Mrs. F. A. Greer, elocutionist, Lynn, delighted her listeners with her humorous selections. Solos were rendered by Mrs. Leonard Williams, Clarence Root, Ernest Grothier; duets by Rev. A. Bishop and Mrs. F. Heallip; Mrs. N. Patterson and Mrs. F. Heallip.

On Saturday evening at 8.30 o'clock there passed into rest Mrs. Anne Agnes Coby, aged fifty-five years. With wonderful endurance Mrs. Coby bore a long and painful illness. Her husband, Edward Coby predeceased her in October, 1924. Mrs. Coby was a devout Roman Catholic; a daughter of the late Mr. and Mrs. Marley O'Brien, and by her demise Rockport loses a highly esteemed resident. Surviving to mourn the loss of a loving mother are five daughters and two sons, Dorothy, nurse-in-training at Brooklyn, N.Y., Agnes, a school teacher, Elizabeth Mary Viola (Frances) Smith Falls; Sadie, Bernadette and James, Fred in the homestead and James. The funeral service was held on Tuesday morning at 10 o'clock from St. Brendan's church.

Mr. and Mrs. Percy Haskins, Sand Bay were week-end guests at the home of Mr. and Mrs. S. Heallip. Mrs. C. Durth and Mrs. Charles Williams, went to Brockville Tuesday. Mrs. S. A. Gullid, Mallorytown, is spending a few days at the home of her brother, W. E. Williams. D. E. Poole and sons, Vaintown, spent the week-end visiting relatives.



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And that is just why we are going to tell you about Dr. Chase's Nerve Food, which is generally conceded to be the greatest of nerve restorers. It is not a sleep producer in the sense of being a narcotic. But it does naturally and gradually restore the worn-out nervous system and in a few days you find yourself enjoying sound, restful sleep.

Sleeplessness is, perhaps, the most outstanding symptom of nervous exhaustion. Without sleep there is no chance of replacing at night the nerve force used up during the day in the activities of life.

Without such aid as Dr. Chase's Nerve Food affords you are doomed to physical bankruptcy.

By using this treatment and taking as much rest as possible you will very soon find yourself on the highway to health. But a little patience is necessary. A condition which has been years in developing cannot be overcome in a day. Of one thing you can be certain and that is that with each dose of the nerve food you are supplying to the blood and nerves the elements of nature which are essential for the restoration of the human system. Dr. Chase's Nerve Food, 60 cts., all dealers or The Dr. A. W. Chase Medicine Co., Limited, Toronto 2, Canada.

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