Then your blood must be in a very bad condition. You certainly know what to take. then take it - Ayer's Sarsaparilla. If you doubt, then consult your doctor. We know what he will say about this grand old family medicine.

This is the first question your doctor would ask: "Are your bowels regular?" He know that daily action of the bowels is absolutely essential to recovery. Keep your liver active and your bowels regular by taking laxative doses of Ayer's Pills.

o by J. C. Ayer Co., Lowell, M.

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### District News

GLOSSVILLE

Feb. 26.-Mrs. Fox and daughter Eva from Smith's Falls spent last week with Mr. and Mrs. James Love. Mrs. J. M. Percival and Miss Elith

Church were visiting friends in Delta Miss Maud Brown has returned home from Ottawa after visiting

triends there. Mr. Andrew Parker of Dalhousie, Lanark, was the guest of Mr. Levi Church last week.

#### CHARLESTON

Mar. 4.—A young son has arrived

at H. Slacks. Mr. and Mrs. T. Foster are visiting friends at Melcombe.

A load of Athens youngsters en joyed themselves at the toboggan slide at F. Botsfords on Toursday night. Joseph Slack and sister, Lepha,

were visitors here on Wednesday. While T. Carvill and J. Hudson were engaged cutting wood, Hudson accidently struck Carvill with the axe inflcting a severe cut. The wound is healing nicely.

#### ADDISON

Feb. 25.-Mr. Alex. Smith of Mount Pleasant had the misfortune to lose a valuable horse last week. Miss Myrtle Brown has returned home after spending a few pleasant days with friends in Athens and

vicinity. Quite a few from here attended the evangelistic services in Athens last week and were greatly benefited.

Mr. Nicholas Hollingsworth has purchased a fine colt from Mr. Edger

of Toledo. Its a dandy. Mr. Charles Grey has sold his farm to Mr. C. Blanchard and will move to Brockville in a few days.

#### GLEN BUELL

Mrs. Nash returned to her home in Dublin, on Friday, after spending two weeks with Mrs. C. J. Gilroy.

Miss Edythe Moorehouse entertained a few friends on Thursday evening in honor of Dr. and Mrs. Bean, who were spending a few days with her.

Mr. James of the Kingston Dairy school has just completed a seven day's milk test at Mr. G. A. Gilroy's. Mr. Gilroy says "the Holsteins are all right." One of his cows made twentysix lbs. of butter in seven days.

Mr. Wm. Comyn is this week mov ing into Mr. Irivin's house near the railway crossing and Mr. Jos. Kirk-land will move into Mr. Percival's

Wedding bells are expected to ring very soon in the east end.

#### ROCKSPRING

Mar. 4.-Miss Peryl Steacy, who has been quite ill with pleurisy for some time is now recovering, though

Moving is the order of the day at present. Mr. James Berry, who has purchased Mr. R. S. Hinton's farm, is moving this week.

Mr. J. B. Powell and son, Mr. N. Athens Reporter S. Powell leave on Tuesday for the Great North West. Their many friends and acquaintances wish them

A young son has come to stay at the home of Mr. C. Burridge. We regret to report the illness of

Mrs. J. B. Powell, but are pleased to note that she is now on the gain. Miss Mary Millar left last week for

to remain for some months. Master Carman Powell is on the sick list.

Another citizen is to leave the "Springs" soon, for the North West,

Mrs. Hinton has mand into the J. McFadden.

Lyn Sunday, who she spent a few days with her sister, Mrs. Stack, who Master Willie Morrison has been confined to the house for the past by an American medicine, originated Smith's Falls, where she will spend a

Brockville Business College Notes

few days with friends.

A number of our students have sured good positions. Names will be

given next week. Miss Hattie Fitzgerald won the speed typewriting contest.

Miss Grace Connell, of Athens, is now studying Stenography here. Miss Vera Day has gone to Nicholville, N.Y., after spending five months

at college. Spring term just opening. Enroll during the early days in March.

#### HONOR ROLLS

CHARLESTON IV. - Donald Morris, George Ferguson. Starling Morris. III. Sr .- Wil iam Ferguson, Pearl Moore, Mae Stewart. III. Jr.—Flossie Spence, Clifford Morris.

II. Sr. -Bianche Spence, Lucy II Jr .-- Herbert Foster. II. Pt.—Iona Spence, Lena Moore, I.—Hattie Moore, Hibbert Spence. GLAYS JOHNSTON, Teacher.

ADDISON V .- Beryl Curtis, Bernice Taplin. IV .- Helena Male, Chloe Peterson Charlie Peterson, Leslie Curtis. IV., Jr.—Lloyd Brown.

III .- John Corr, Emmett Stowell, Hazel Greenbam. II., Sr.-Mary Howatson, Mary

Grey, Harold Howe, Pt 11 -Fred Wiltse. Jr. Pt. I.—Carmen Howe, Elsie Peterson.

> Average attendance, 21. EVA E. JOHNSTON, Teacher.

> II., Jr,-Leora Greenham, Arthur

GLEN BUELL IV. -Myrtle Gilroy, Morris Gilroy, Freddie Moore, Katie Lee Carrie Lee (equal), Guy Read. III .- Lillian Read, Morris West

lake, Jennie Hobart. II. Sr.-Leah Hough, Henry Lee. II. Jr .- Arthur Lee, George Lee,

Ethel Wing.
Pr. II.—Lucy Gilroy, Elsie Kirkland, Mary Allan, George Davis
I. Sr.-Willie Lee, Harold Moore,

Edison Murry.

I. Inter.—Omar Dack, Beatrice
Westlake, Elma Kirkland. I. Jr .-- Edna Kirkland. LUCY A. KELLEY, Teacher.

#### Threating The Lazy Child Scien tifically

The New Idea Woman's Magazine has taken up the subject of childtraining in a new way. It has sent an interviewer to an expert school teacher to find out how it is that children whose parents "can do nothing with them" do not give the least trouble in school. The first interview is printed in the March number of The New Idea, and deals with "The Lazy Child and the Unwilling Child." Some of the points made will surprise and perhaps not convince the average

parent. For instance: "Do you then, not recognize such a quality as laziness in children?" asked the reporter, feeling the infection of Miss Farrell's optimism.

"No. Those who know child nature best tell us that the principle of childhood is activity. If we do not give a child something to do that is suited to him, or if the thing is not presented to him in a way that will appeal to him, then he will refuse it and develop his activity in some other

"But surely, to some extent, a child must do the thing that does not appeal to him." This new doctrine of taking the child's nature into count was decidedly upsetting.

"But why? Everything may made to appeal to a child. Frankly, I do not believe in a child doing a thing simply because it is good for it." This is a fair sample of the treatment of the subject, which will be found at least suggestive to those aggrieved individuals, active parents afflicted

#### Removal Regretted

ith lazy children

It was with a feeling of sincere regret that many in Brockville and icinity learned of the contemplated noval of Mr. S. L. Vinberg from ockville, and his "liquidation sale" been a great success. He is now collecting accounts and arranging for his early removal to Montreal, where Poughkeepsie, N.Y. where she intends he will engage in the manufacture of clothing. Mr. Vineberg's frank, genial disposition gained for him many personal friends and his fair business dealings made the Globe Clothing House popular with a very large num. ber of patrons.

Messrs. Cossman, who are now in charge of the Brockville business, bave nouse, lately vacated by Mr. and Mrs. had extensive experience, and it is con fidently expected that they will fully Mrs. James Hicks returned from maintain the reputation of The Globe for reliable goods at popular prices.

#### Catarrh

Mrs. John O'Neill left to-day for American counties. medicine is Hood's Sarsa-That

parilla It foures radically and permanently, in the it removes the cause, cleansing the ood of scrofulous and other imputies. It overcomes all the effects of catarrh, too, and builds up effects of catarrh, too, and builds up the whole system.

### Sale Register

On Tuesday, March 12th, at his premises at Frankville, Mr. J. W. Johns tow will sell, I bay mare, 2 cow, 2 hefters, a quantity of hay, oats, petatoes and lumber, house hold effects, etc. D. C. Healy, Auction-

#### A WORD OF APPRECIATION

Among recent inmates of the Brock -ville General Hospital was Mrs. L A. Betts, and Mrs, Betts and her good husband, the R.v. L. A. Betts, write the following kindly words of gratitude and appreciation for the skill and attention experienced in that ex-

"To President Story and Associate
Governors; Miss Bennett, Lady
Superintendent and the nursing
staff; and the Melical staff of the Brockville General Hospital:

"Mrs. Betts and myself desire through the press to express our sincere appreciation for the kindness, attention and skill given to Mrs. Betts during her recent stay in your institu-Nothing could exceed the care and consideration shown her by those in charge of the hospital, which, at the present stage, of its existence, is far in advance of former years. This fact is plain to any unprejudiced ob server, and in our opinion too much cannot be said in its favor. Everything is quiet and orderly, the halls and wards attractive and well kept,

and the food all that could be desired "The Woman's Auxillary, too, of which Mrs Betts is a member, were unremitting in their efforts to relieve the tedium of illness; and we both feel that these words of gratitude and thanks are only the merest justice to the merits of the Brockville General

## The Old Reliable

Dress Well

To the well dressed man the changng season's are a delight.

Call and see how well we can supply your needs for fall and winter. offer exceptional values in Tweedshigh-grade, imported goods-that will look well, wear well, and keep you warm.

When you want an up-to-date suit or a fall or winter avercoat, at a very moderate cost, come to the Old Reliable. FANCY VESTINGS -No gentleman's

wardrobe is complete without one of hese stylish garments. RAIN COATS-the Premier brand-

suitable for all seasons. New stock of hats and caps-see these stylish goods.

A. M. Chassels

## Give Fair Playto

A really reliable remedy for headache If you have got it into your head that

mistaken. It isn't fair to us for you to judge Zuto by the drug cures.

It isn't fair to yourself to suffer from headache, when this really harmless vegetable headache cure is within your

reach.

The fair thing for both judge Zutoo on its merits—to test it.

If you find it does not cure your headache, sick, nervous or otherwise, in twenty minutes, and leave you feeling good every time—no bad after effects, then discard it.

But do not condemn it unfairly without a trial, and keep on suffering from
headaches. You really do not have to,
and one trial of Zutoo will prove it.
All we ask for Zutoo is fair play—that
you give it a trial before concluding as
to its merits or demerits.
Wont you do this? You'll be glad ever
after if you do.
We'll send trial tablets for nothing, or
you can buy them at dealers in 10c, and
25c. packages.
B. N. Robinson & Co., Coaticoof, Que. But do not condemn it unfairly with-

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Farmers - and - Builders Is directed to my stock

Shelf and Heavy Hardware Paints and Oils Glass and Putty Gardening Tools
Spades. Shovels, Forks etc.

All my go is are of the latest design, the produce of reliable manufacturers, and will give good satisfaction. Choice line of cutlery and many articles for the household. We ask only a fair price and in-

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The Kind You Have Always Bought, and which has been in use for over CO years, has borne the signature of Charle The state of the charles its infancy. All Counterfel to heatt the art al " fire-good" are but Experiments that this this was and endanger the health of

### What is CASTORIA

Castoria is a harmless substitute for Caster Oil, Paregorie, Drops and Socility Cyrups. It is Pleasant. It contains neither Oplam, Morphice nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. 15 cures Diarrhosa and Wind Colle. It relieves Seething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Par acce-fake Mother's Friend.

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Enter the gateway to the better appearance of men and you will prosper. Three quarters of our Spring Goods are

If not, why not wear the best? They cost no more. Semi Ready Suits and overcoats, \$15.00 to \$25.00. United Brand " 9.50 to 15.00. Men ' Furnishings-the best only.

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