

Canada's National Biscuit

THE soda biscuit is a Canadian institution—it is found on the big majority of Canadian dinner tables.

And of soda biscuits, McCormick's Jersey Cream Sodas are the leaders in Canada.

They have a reputation of sixty-one years standing. What a test of the value of a food product!

Every one of the hundreds of thousands of Canadians who eat them know that the high quality is consistently maintained.

McCormick's Jersey Cream Sodas

Sold fresh everywhere. In sealed packages.
Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

IF KIDNEYS ACT BAD TAKE SALTS

Say Backache is sign you have been eating too much meat.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels, removing all the body's urinous waste—else you have backache, sick headache, dizzy spells; your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

The relatives of the little colored lads who admitted to the magistrate that they broke a lot of windows in the Central School this morning paid the damages and the lads will now have their cases disposed of by the magistrate.

Public Library Board Does Routine Work

A special meeting of the library board was held last night with the following members present, A. M. Watts, E. C. Nicholson, W. J. Robertson, C. A. Hesson, D. C. Hetherington and Mayor Lovelace.

A deputation from Knox Church interviewed the board regarding repairs to the fence at the rear of the library property and after some discussion the matter was left in the hands of the Grounds Committee to deal with.

The secretary, W. Briden, submitted to the board a copy of the program of the meeting of the Ontario Library Association in Toronto, on April 5th and 6th. On motion of Messrs Hetherington and Nicholson, the Librarians W. Briden and Mrs. Cameron, were appointed delegates to attend the meeting.

A communication was read from James Bertram, Secretary of the Carnegie Corporation of New York, asking for a report as to the income, expenditure number of books, circulation, etc., of the Library for the years 1916 and 1919.

Mr. Watts presented the report of the Finance Committee recommending payment of salaries and accounts to the amount of \$744.79 and the report was adopted.

On motion of C. A. Hesson seconded by D. C. Hetherington, a resolution was passed appointing A. M. Watts as chairman during the absence of the chairman, W. Erskine.

WELLAND PIONEER, ALEX FRASER, DEAD

NIAGARA FALLS, ONT., Mar. 31—A very old and respected resident of the Niagara district, Mr. Alexander Fraser, died at the residence of his son Magistrate Fraser, 445 River Road. The deceased was born at Fraser's Point in Glengarry County, on the St. Lawrence and came of pioneer stock, his father as a child and his grandfather having come from Inverness, Scotland in 1801. His mother was Margaret Summers, one of the earliest settlers in Glengarry County. Mr. Fraser came to Welland County in 1857, and had lived here ever since. In business he was a contractor, and

Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are especially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food, giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher
In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

carried through important contracts in the enlarging of the Welland Canal excavating the deep cut from Port Robinson to Allanburg, and at Thorold in 1877. Mr. Fraser throughout his long life took a keen and active interest in public affairs. For six years he was Reeve at Thorold and was warden of the county in 1883. He served for two terms as Mayor of Thorold and was on the Thorold High School Board. In politics Mr. Fraser was a staunch Conservative and was the unsuccessful candidate for the riding in 1886 against Colonel Morin. He is survived by three sons, Magistrate Alexander Fraser, K. C., Evan E. Fraser, M. P., and Stanley of Toronto, and two daughters, Mrs. Edward Culverhouse, Stamford, and Mrs. Hudson Usher, of Queenston. The funeral will be held from the residence of his son Mr. Alexander Fraser, 445 River Road tomorrow at 2 p. m. Interment will be at Thorold.

CONVALESCING FROM INFLUENZA

The bracing atmosphere found in Algonquin Park is just what is needed for those convalescing from influenza or those who are in need of a rest and recuperation. The Highland Inn offers comfortable accommodation at reasonable rates. Apply any Grand Trunk Agent for descriptive booklet or write Mr. N. T. Clarke, Manager, Highland Inn, Algonquin Park Station, Ont.

COOK'S Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.00; No. 2, 50c; No. 3, 25c per box. Sent by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Invariably Wholesaler)

BROWNELL'S Spring "Style Show" and Special Easter Selling

We Do Not Discount Canadian Money in Trade

This Event Ends Saturday Night, April 3rd, at 10 O'clock

Pick a Brownell Store. There's a Reason

Brownell Stores stand pre-eminent in their leadership, all encompassing in their facility to serve, unapproached in their variety of offerings, unequalled in their value giving.

Easter is close at hand. Are you prepared to "TOE-UP" with a new pair of smart, trim boots or low cuts on Sunday morning? We are ready with quick action for the *Last Minute Buyer* with the kind of Footwear that meets the individual taste of discriminating people. All styles, sizes and widths for perfect fitting.

Several Attractive Groups Are Here Listed---Specials For Good Friday and Saturday

Ladies' Brown Calf Lace Oxford—Well sole, Military heels—Special... \$7.00	Easter Footwear for the children in Brown, White, Black and combinations of colors that will be sure to please you. Children's Patent Mary-Jane Slippers, sizes 8½ to 11—Special... \$2.48	Men's \$6.50 Brown Calf Lace Shoes Rubber heels, Well soles—Special... \$4.95
Ladies' Black Kid Lace Oxford—Military heel—Special... \$4.95 to \$10.00	Misses' Patent Mary-Jane Slippers Sizes 11½ to 2—Special... \$2.98	Men's \$7.50 Brown Kid Lace Shoes, Well soles, Rubber heels—Special... \$5.95
Ladies' Patent Pumps, Turn sole, full Louis, Baby Louis or Military heels—Special... \$6.95	Misses' and Childrens Patent Lace Shoes, White tops—Special... \$3.48 and \$0.98	Men's Brown English Lace Shoes, Calf Skin Uppers, Rubber Heels—Special... \$10.00
Ladies' 3-eyel Patent Pump, Well Sole, Cuban heel, a new arrival—Special... \$7.50		Boys' Black English Lace Shoes, sizes 2½ to 5½—Special... \$3.95
		Boys' Brown English Lace Shoes, sizes 2½ to 5½—Special... \$4.95

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Swift's Premium Hams and Bacon

A few slices of this mild, delicately-cured ham or bacon—cooked to a tempting brown—served sizzling hot—make a meal the whole family will enjoy. For Swift's Premium is outstanding in excellence: the Ham, because of its extra mild cure and juicy tenderness; the Bacon because of its succulent fat and enticingly flavored lean; and both because of their characteristic savouriness due to the exclusive Swift process of selection and curing.

Serve Swift's Premium on your Easter breakfast table and we know you will insist on this brand in future.

Order today from your Butcher or Grocer.

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