CASTORIA

The Kind You Have Always Bought, and which has been in use for ever f ? years, has berne the signature of and has been made under his per-Charty, Thursday Count supervision since its infancy.
Allow no one to deceive you in this. All Counterfeits, halterious and "Tust-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Casteria is a harmless substitute for Castor Oil, Paregeric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

CENUINE CASTORIA ALWAYS

Bears the Signature of The Kind You Have Always Bought

in Use For Over 30 Years.

OUR NEW METHOD TREATMENT will cure you and make a man of you. Under its influence the brain becomes active, the blood purified so that all pimples, botches and ulcers heal up: the nerves become strong as steel, so that nervousness, bushfulners and despondency disappear; the evist fecome bright, the face full and elect, energy returns to the body, and the mor!, physical and mental systems are invitorately, all drains cease—no more vital veste from the system. You feel yourself a man and know merriage cannot be a failure. Don't let quacks and fakirs rob you of your hard earned donars.

NO NAMES USED WITHOUT WRITTEN CONSENT THREATENED WITH PARALYSIS





BELIANCE and tried many first-class physicians, wore an electric left for three months, but received little benefit. I wis induced to come the Drs. Kennedy & AFTER TR dectors. Like a drowing man I commenced the New Meritod Tracative saved my life. The improvement west induced the view Meritod Tracative saved my life. The improvement west induced the New Meritod Tracative saved my life. The improvement west induced to less than the many the nerves. I was curred mentally and physically. I have sent them many the do so.

CURES GUARANTEED OR NO PAY We treat and cure VARICOSE VEINS, NERVOUS DEBILTY, BLOOD AND URINARY COMPLAINTS, KIDNEY AND BLADDER DISEASES and all Diseases TION FREE. BCOKS IREE. If unable to call write for a Qu

Cor. Michigan Ave. and Griswold St., Detroit, Mich.

All letters from Canada must be addressed

to our Canadian Correspondence Depart-ment in Windsor, Ont. If you desire to Me see us personally call at our Medical Institute in Detroit as we see and treat no patients in our Windsor offices which are for Correspondence and Laboratory for Canadian business only. Address all letters as follows: DRS. KENNEDY & KENNEDY, Windsor, Ont.

Vrite for our private address.

& Purcell Karley

WHEN YOU WANT

A Stove or Range

Call and see what we have to offer.

Our stock has been greatly enlarged and now includes

Everything in Shelf and Heavy Hardware

KARLEY & PURCELL

Glass, Putty. Oils and Varnishes, Brushes, all kinds of Tools for Workshop, Field and garden.

CLOSE ROOMS AND EXCITEMENT

You'll Have to Cut Them Out if You Want Real Restful Sleep.

Doctors and nurses for a long, long time have been hammering into our ears the fact that oxygen is quite as necessary to the body cells during the hours of sleep as at any other time, but it is amazing how many persons there are who in spite of the campaign still keep up the old-time ignorant prejudice against the open bedroom window. Fresh air first—if you want to know the joys of calm, untroubled invigorating sleep. Next in consideration come the organs of the body. No excessive work should be given the heart or digestive organs before retiring to rest. High pillows lead to an increase in the heart's force at a time when the heart should have the lightest work. Pillows that are too low may cause headaches, and even sleeplessness, through an excess of blood being in the brain. Heavy late suppers are unwise, but a light meal, followed by such moderate exercise as a short walk, is generally conducive to sound sleep. The light meal causes a withdrawal of blood from the head into the stomach area and the body generally. The body is therefore warmed, and this is important.

Cold extremities, particularly cold. Doctors and nurses for a long, long important.
Cold extremities, particularly cold

cold extremities, particularly cold feet, cause sensory stimulations, which produce sleeplessness, often for hours. People who suffer in this way should take means to keep their feet warm artificially by using aleeping socks, or slipper baths, or by the use of hot water bottles, and by aleeping between blankets.

use of hot water bottles. and by aleeping between blankets.

It is, of course, fatal to sound sleep to go to bed "with anything on the mind." In these sensational and pleasure-loving days we often retire to rest after receiving a long series of vivid sensations which often account for hours of sleepless tossing. Sometimes this may be relieved by a gentle friction of the head with a medium hard brush.

We cannot hope to always drive

medium hard brush.

We cannot hope to always drive away the disturbing sensory impulses, for, built as man is, joy, suffering, grief, responsibility and worry (last, but by no means least,) must find their place in his life at some time or other. Life without these would be at best a mere existence, and so we must pay the bill at such times.

Continental Coin Craft.

The casual British tourist in France or Germany is nearly always marked or Germany is nearly always marked down as a person easy to cheat. In a great measure it is the Britisher's own fault. Years ago no one went on the continent without first changing their English coin into that used in the parts they were going to visit. The money-changing bureaux make this far easier now than formerly. It follows that far fewer people trouble to do it. Yet the failing of English people in this respect puts many additional pounds into the pockets of continental shop-keepers and hotel proprietors every year.

keepers and hotel proprietors every year.

Shop and restaurants on the continent now not only "speak English," they quite willingly accept English money as payment. It is advantageous for them so to do.

Scores of English folk in France regard a shilling as the correct equivalent to one franc. They have vague memories of having heard the value of the coins was about equal. Dishonest shopkeepers foster the belief. Such will willingly supply an Englishman with twenty francs in return for an English sovereign, and be just lishman with twenty francs in return for an English sovereign, and be just five francs richer by the transaction.

In Germany the low-value nickel coins are very confusing, and excellent aids to cheating. Very often pfennig are given in place of marks—the former is worth 1 1-4d., the latter left.

ter is.

Those who are wise will study the coinage of a country before going to it.

Unspoiled Swiss Valleys. Switzerland sets an example as switzeriand sets an example as a protector of its flora and fauna which other countries might follow. The Swiss League For the Protection of Nature rents the Val Cluosa on a twenty-five year lease from the commune of Zernetz, in the lower Engaging wherein the processors the types. mune of Zernetz, in the lower Enga-cine, wherein to preserve the types of fauna and flora peculiar to the Alps. So sportsman is allowed to empty a single cartridge in the valley, no col-lector to uproot a single flower and no hotel company to erect a single hotel. The mule paths and bridges will be kept in order, and a few cab-ins will be erected for shelter, but otherwise nature will be left to har-self for the next generation. self for the next generation.

A Perplexing Prescription. A Perplexing Prescription.

Mrs. McGuire—Is your ould man
any better since he wint to th' doctor's, Mrs. Finnegan.

Mrs. Finnegan—Not wan bit, Mrs.
McGuire. Sure, it's worse the' poor
man is wid his head whirlin' aroun'
an' aroun', tryin' to discover how to
follow the doctor's directions.

Mrs. McGuire—An' what are th'
directions, Mrs. Finnegan?

Mrs. Finnegan—Sure, they do be to
take wan powder six toimes a day,
Mrs. McGuire.

Quoting the Classics. "Dere ain't much use o' tryin' to run t'ings all yer own way," said Bill, the super. "When lucks cuts in it's re-rood losin' yer tongue an' tryin' to use force."

"Seems to me I've heard something like that before," replied the stage hand.

"Sure, you have. De immortal Bhakespeare puts it in one line, Dere's a divinity dat shapes our ends, rough house 'em as we may."

Literary Courtship. "They started in a purely platonic way to read 'Lucile' together."
"Well?"

"Now they are interested in a book that tells how to build a \$1,000

Why did they name this train the Comet.

"I suppose so in ease of a other they could keep it going had been telescoped."

Nursery Stock

Before ordering trees, write us for our Catalogue and prises or see our nearest Agent. We are the largest growers of Trees in Cauada. Full line of Apple, Peach, Peat, Cherry and Plum trees Our trees are noted for fine root system and largest limb growth. Our Nurseries are patronized by the largest and most progressive n Agency.

Brown Bros Co., Nurserymen Ltd Brown's Nurseries, Welland Co. Ontario

NEW CANADIAN PARK

Mr Geo. Brewster of Banff, a member of the firm Brewster and Moore, in speaking of Jasper Park that is being opened up by the construction of the Grand Trunk Pacific through the Canadian Rockies, stated that it will excer any of the Canadian Parks as

Mr Brewster has been through the District and says it is exceptionally well stocked with wild game of all kinds; also that it is a splendid country for mountain sheep, as well as moose, deer, bear, and mountain goat

The Mountains in Jasper Park are igher than in any other Canadian Perritory, and as soon as the Grand Trunk erect the hotels that they propose, and the Government get proper rails throughout the territory, it will become more popular than any of the mountain resorts on the continent.

HALIBUT FISHING

Mr Geo. H. Collins, Managing Director of the Canadian Fish and Cold Storage Co., Prince Rupert, is at present in England, where no will call for building sixteen fishing vessels to be used in the waters of the Pacific adjacent to the plant next April.

The Company will commence business and the vessels must be built and delivered by that time. The Company is capitalized at \$1,500.00 and the plant will cost when completed close on \$500,000 and will be the largest of its kind in the world.

The buildings of the Company at Prince Rupert are of reinforced coucrete, built at one end of the harbor. and will be fitted up with the best mordern machinery

The storage capacity will be fourreezing capacity of 110 tons per day. In an interview Mr Collins With the competion of the G.T P., fish from the Pacific Coast will be puin the Easter market three days quicker than now. This be expiains by the fact that the greatest propor tion of the fish is caught near Prince Rupert and thence has to be taken to

Vancover and Seattle for shipment. The establishment will give employ-ment to 500 men none of whom will b. Japanese. White men and Indiaus

only will be employed. The remaining directors of the Company are:—An rew Kelly, President of the Western Canada Flour Mills, Winnipeg; Jau es Carinthers of Montreal, grain exporter, and Grier Star-rett, former Manager of the New England Fish Company.

CASTORIA
For Infants and Children.

HEADACHE!

Yes you can, with a box of ZUTOO Tablets in your pocket or hor Taken when you feel Taken when you feel a headache coming on, one little tablet will ward it off—nip it in the bud. Taken later it will

off—nip it in the bud. Taken later it will cure the headache in twenty minutes. Why then continue to suffer when a box of ZUTOO will make you headache proof. You would be suprised to know how many people, who never before used a headache remedy, are now using ZUTOO Tablets. Why not you?

LUMBERING and SAW-MILLING

I have established yards at Washburn's Corners

and Glen Elbe

for the receipt of logs, and am pre-pared to buy all timber offered and will also do custom sawing. Logs will als be received at Parish's Mill,

Sawdust for sale.

SHINGLES

I am prepared to supply a special shingle for barns and outbuildings. They are made of heavy galvanized iron, 24 in. square, 4-lock.

F. BLANCHER, Athens.

Enrollment Days

For our Spring Term the enrollment days will be from March 11th till April 9th.

Illustrated Catalogue giving full particulars about our Shorthand, Typewriting, and Book-keeping courses sent free upon request.

Brockville Business College

BROCKVILLE - - ONTARIO

W. T. ROGERS,-PRINCIPAL



IT IS UP TO YOU

To protect your family from the ravages of disease and infection; and the rigors of winter; to make your home the abode of Health and

Statistics tell us that there were over 250,000 deaths in North America last year from fever and pneumonia; over 90 per cent of these cases were traceable to out-door closets, and all the result of insanitary conditions.

Are you going to allow this terrible death rate to continue? Why not insure health by installing a "Parkyte" Sanitary Chemical Closet.

Absolutely sanitary and odorless; carries the endorsement of Physicians and health Officials, and our own iron-clad guarantee. Requires no expensive water system, no plumbing, no sewage. Can be installed in any part of your home at the cost of a few minutes of your spare Lasts a life-time and costs less than a cent a day.

"Parkyte" Chemical has been proven by bacteriological test to be the most powerful Disinfectant, Deodorant and Germicide known to Science.

The "Parkyte" Sanitary Chemical Closet is sold by

KARLEY & PURCELL, Athens, Ont. A call there will convince you. No fuother argument will be necessary.

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1) Trains each way, Daily Winnipeg & Pacific Coast

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Tuesday. April 2nd, and every econd Tuesday. Very low rates.

YOU CAN DEFY Cheap One- Second Class

Colonist Fares from Brockville to Vancouver, Victoria Seattle, Spokane

\$46.25 Tacoma, Portland, Ore Nelson, etc.

> Los Angeles, Cal., \$48.20 San Francisco, etc.

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Carrying Colinists and their efects for Western Canada, leaves every Tuesday during March and April.

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and all information from GEO. E. M'GLADE, CITY AGENT Brockville City Ticket and Telegraph Office, east corner King Sc. and Court House Ave.

Steamship Tickets on sale by all lines to all parts of the World. Tours arranged, reservations made on application

Trees That Will Grow

When buying truit and ornamental trees, see to it that you buy of a firm whose trees have the right sort of roots and have been handled correctly in the nurseries. Our trees will grow there is a reason.

Take an agency, send for terms. Outfit free. Thos. W. Bowman & Son Co., Ltd. Ridgeville, Ont.

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A man with some experience in Horticulture to handle our trade in

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Splendid opening and permanent position for the right party.

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The latest fashion plates now here. Call and select the style of Suit you want for Spring and Summer wear.

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We have in stock a line of new goods of extra value. Leave your order at "The Old Reliable" and you will get garments that will fit well, look well and wear well.

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Dr. de Van's Female Pills
A reliable French regulator; never fails. These
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