

**GRAND TRUNK RAILWAY SYSTEM**  
**HARVEST HELP**  
**Excursions!**  
 TO WINNIPEG  
 August 17th and 31st  
 Fare \$12.00

Seaside Excursions to  
 Lower St. Lawrence, Maritime Provinces  
 Points and New Foundland.  
 Going dates, August 18th to 21st  
 inclusive.  
 Return limit, Sept. 6th, 1916.  
 For full particulars apply to J. P. Hanley, C. P. & T. A., corner Johnson and Ontario streets.

**CUNARD LINE**  
 CANADIAN SERVICE  
**MONTREAL TO LONDON**  
 (Via Fairmouthe)  
 ASCANIA... From Aug. 13  
 AUSONIA... From Aug. 21  
 Cabin and Third Class  
**MONTREAL TO BRISTOL**  
 (Via Southampton)  
 From Montreal... From Montreal  
 Aug. 9... FELTRIA... Sept. 1  
 FOLIA... Sept. 12  
 Cabin Passengers Only.

For information apply Local Ticket Agent, or The Robert Bedford Co., Limited, 50 King Street East, Toronto.

**Of Course You Need**  
**BENSON'S CORN STARCH**  
 Ice Cream comes out of the freezer with a velvety smoothness—and a new deliciousness—when it is made with BENSON'S.  
 And it is pretty hard to ask for anything more delicious than a Chocolate Blanc Manger or Cream Custard with Fruit, made of Benson's Corn Starch.  
 Our new Recipe Book "Desserts and Concoctions" tells how and how much to use. Write for a copy to our Montreal Office—and be sure to tell your grocer to send BENSON'S, the standard in Canada for more than half a century.  
**THE CANADA STARCH CO. LIMITED**  
 MONTREAL, QUEBEC, CAROLINE, BRANTFORD, 216 FORT WILLIAM.

Ask for a copy of our Complete Travel Guide  
 It will assist you to plan your Vacation itinerary  
**NORTH WESTERN**  
 Free on application to ticket office C. & N. W. Ry., B. H. Bennett, C. A. 46 Yonge St., Toronto, Ont.

**FROM THE COUNTRYSIDE**

**Frontenac**

**PINE SHADE.**  
 Aug. 7.—Rain is badly needed in this locality. Hay-making is in full swing, and is a heavy crop. A. Ferguson has Timothy hay seven feet in height. Mr. and Mrs. J. A. Conboy and family visited at Pine Shade on Sunday. David Riddell conducted open air service at Ty-sickville on Sunday.

**SANGSTER.**  
 Aug. 8.—Charles Murphy is engaged by J. Coulter to drive his team at the Carrying Place. M. J. Daley took his hogs to Westport on Saturday for shipment. Miss M. Goebel and brother, Syracuse, N.Y., are at their aunt's, Mrs. N. Murphy's. Miss K. Murphy has returned to Kingston. Mrs. John O'Connor is at J. Kelly's, Glendower. M. J. Cochrane has purchased a horse. Joseph Hickey is at T. Barrett's.

**MURVALE.**  
 Aug. 8.—Farmers have nearly all finished haying, and report the largest crop in years. William Wallace is visiting friends at Oswego and Port Byron, N.Y. Visitors: Mr. and Mrs. E. Boyce and son, Mr. and Mrs. Bishop, Ludlow, Vt., at Nelson Boyce's; Robert Parkhill and sister, Lillian, Toronto; Mrs. Erdley and sons, Seattle, Wash.; Mrs. J. Y. Parkhill and sons, Stanley and Donald, and granddaughter, Kathrine Crawford, Kingston, spent Sunday at John Young's.

**ZEALAND.**  
 Aug. 7.—A heavy electrical storm passed over here to-day. Not much rain fell. It is badly needed, as the potatoes are a failure on account of the protracted drought. Messrs. Baldwin and Stoddart, Rochester, N.Y., are camping at Silver Lake. The Misses Mabel and Alice Garrett visited at Samuel Armstrong's on Monday. Mrs. F. Giddings and Mrs. Giddings are in Visitation; Robert McVeigh, Daniel Kirkham, Mrs. Charles, Whitaker, at A. M. McCharles'; Mr. and Mrs. James McCord and family, Victor English, the Misses Evelyn and Dorothy McCharles, at T. Garrett's.

**DESERT LAKE.**  
 Aug. 8.—The friends of Mr. and Mrs. Sylvanus Devo extend sympathy in the loss of their oldest daughter, Ella May, who passed peacefully away Monday morning, July 31st. She was seventeen years of age, and one of the most intelligent and beautiful of young women, loved by all who knew her for her kind and sweet disposition. She had been ailing since last January, but bore her suffering with Christian patience. The funeral was very largely attended. Services were held in the Methodist Church, and conducted by Rev. Mr. Ball and Rev. C. V. Fairbairn. Many

**MORTON.**

Aug. 7.—Miss Mabel Henderson has returned home after spending the week with friends at Green Bush and other points. S. J. F. Wedderburn, Perth Road, is spending a few days the guest of Mr. and Mrs. E. B. Taber. Ceell Taber, of the 75th Battery, Barriefield, is spending a couple of days with his parents here. Miss Jennie Henderson has returned home after spending a few days with a friend at Gananogue. Mr. Peterson has returned to Kingston after spending a couple of days last week with the guest H. Talbot. Mr. Talbot spent a couple of days last week in Kingston. Miss May Willis has gone to spend a few days with friends at Smith's Falls.

**CHANTRY.**  
 Aug. 7.—The Misses Nellie and Geraldine Kelly spent a few days last week here the guests of Miss Doreen Davis, Bora to Mr. and Mrs. E. C. de Well spent Sunday in Egin, the guests of G. Stanton's. Mrs. A. Jeales and little daughter, Ruth, Smith's Falls, are visiting at the home of her brother, Roy Derbyshire. A number of the farmers are still at work in their hayfield. Frank Seed and family spent Sunday in Egin, the guests of L. Ropley. Harry Davis just returned home after spending the past week in Delta with his aunt, Mrs. Omer Brown.

**FERNLEIGH.**  
 Aug. 7.—The farmers are about through haying, which was a bumper crop. Quite a severe electric storm passed over here to-day. The heat for the last few days has been intense. Master Clinton Armstrong is among the successful pupils at the recent entrance examinations at Sharbot Lake. Miss May Babcock has returned to Kingston after spending a few days at home. Fred Villneff made a business trip to Harlowe one day recently. W. Gilmour spent Sunday at C. Smith's, Ardoch. Pte. G. McDonald, 156th Battalion, and Miss H. Watkins, spent Sunday at J. Desjue's. E. Lloyd and H. Tooley took tea at J. N. Bader's. Sunday evening. Mr. and Mrs. William Bander at G. Salmond's. Mr. and Mrs. Fred Villneff spent Sunday at E. Martin's. Miss Mable Villneff spent Sunday at G. Salmond's. Miss Lena Bader is home on a visit after spending several months in Kingston.

**HOLLEFORD.**  
 Aug. 8.—Farm help is scarce, and the harvest is abundant. Sympathy is extended to Miss Sylvia Babcock, who is ill of typhoid. Mr. Medcoff met with a painful accident, which might have proved fatal. While driving a team on the hay fork, the whiffletree broke, inflicting a hard blow. Dr. Sargent removed Mr. Medcoff to his home. James Walker had a family reunion a few days ago. There were present eight children, five grandchildren, and other relatives. Those from a distance were Mrs. Coulter and daughter, of Toronto; Mrs. Cook and three daughters, of Sydenham, and Pte. Dwight Walker, of Toronto. The absentees are Mrs. Bows, Unity, Sask., and Mrs. Snider, Godfrey. Mrs. Coulter has returned to Toronto, but her little daughter, Ruth, will spend the summer with her grandparents. Ernest Townsend and family, Miss Humphrey, Miss Pool and Miss Carl have been recent guests of Mrs. F. Townsend. Mr. and Mrs. Watkins are in Kingston attending the funeral of the latter's mother. Sympathy is extended to Hubert Watson, who is suffering with a broken jaw, sustained in a fall. J. Gallo-way, wife and daughter, of Dexter, at W. Vanluven's; Mr. and Mrs. John Freeman and granddaughter, Evelyn Scates, Winmar, at G. H. Reid's; R. Vanluven and H. Babcock at Desert Lake; Miss Mabel Martin at H. Walsworth's, Unionville; Miss Mabel Redmond with her aunt, Mrs. F. Trowsdale, Hartington; Mr. and Mrs. J. D. Redmond, Kingston, with relatives here.

**LEEDS.**  
**DULCEMAINE.**  
 Aug. 8.—Most of the farmers have finished haying, which was a heavy crop. Rain is badly needed. Congratulations were extended to Miss Reta Flood, who was successful in the Entrance examinations. Miss Lizale Patience is spending a few days in Brockville. Miss S. Smith has returned to Bishop's Mills after visiting with friends. The Misses Marjorie Lescock, Lansdowne, and Ethel Weston, Mallorytown, spent the week-end with Miss Anna Patience. A young son arrived at the home of Mr. and Mrs. R. Williams on Sunday last. Both mother and baby are doing well. Nurse Willenbeck is in attendance.

**LOMBARDY.**  
 Aug. 8.—Miss Leah Rabb, Rainy River, Ont., is visiting friends here. Mr. and Mrs. John Leeder and children, Robert Leeder and Miss Agatha Leeder, Lyn, motored out and spent the week-end at Thomas Cauley's. Farmers report a substantial hay crop, but owing to continued dry weather for over four weeks the grain crop will be very light in this vicinity. Miss K. Kelly and niece, Miss Coughlin, Buffalo, N.Y., are guests of the former's sister, Mrs. John Breen. A. A. Couley, medical student at Queen's, Kingston, has some home for a two weeks' holiday. He is at present the guest of Mr. and Mrs. Danby at their cottage on the Rideau. Word was received last week from Thomas O'Hara, who was in Northern Ontario when the great fire broke out. He was among those who escaped, but suffered the loss of all his belongings. Born to Mr. and

**CAINTOWN.**

Aug. 7.—The ice cream social held at the Presbyterian Church on Wednesday evening last was largely attended. The proceeds amounted to \$110. Borden was very ill of typhoid fever. Dr. Judson of Mallorytown is in attendance. Wesley Hodge is ill. Mr. and Mrs. John Kincaid spent a day last week in Athens. Mr. and Mrs. Thomas Mills spent a day last week in Brockville. Mr. and Mrs. W. J. Graham and children and Babe Dowaley spent Sunday last at the river. Mr. and Mrs. W. Morrow and Holmes Morrow spent Sunday last at the river. Pte. W. V. Stride of Barriefield visited his brother Frederick Stride last week. W. A. Graham sold his team of work horses for the west to Hadzian P. Root. Miss Myrtle Dickey of Rockport spent a few days at T. W. Dickey's.

**NEWBORO.**  
 Aug. 7.—Mr. and Mrs. Walford, of Cleveland, Ohio, and Myrtle Church, of Addison, are guests of Mr. and Mrs. James Bell, Mr. and Mrs. Adams, Mr. and Mrs. Heustis, with Miss Hopkins, of Watertown, N.Y., are occupying the Hopkins cottage, Newboro Lake, for the summer. A party of eight young men from Pennsylvania are camping in Breese cottage. Between forty and fifty American guests are at Hotel Rideau. Miss Francis Nolan is visiting friends in Prescott. Dr. and Mrs. Holder crossed their summer cottage for the season and returned to their home in New York last week. Mr. Glenn, Westport, is painting the Lewis Block. Mrs. H. Leggett is having the post office and residence painted by R. Grother. The farmers have mostly finished haying, and report a big yield. All other crops will be very light on account of the drought.

**YONGE MILLS.**  
 Aug. 7.—Miss Anna Scott of Brockville is visiting her cousin, Miss Myrtle Gibson. Mr. and Mrs. Elliott of Arnprior and Mrs. G. W. Gardner, Lyn, called on friends recently. H. T. Gibson has returned home after spending a few days in Ottawa and North Bay. Mr. and Mrs. Leadingham and the Misses Leadingham motored from Hammond, N. Y., and were guests of Mrs. S. J. Avery. Mrs. Yukum, of Peterboro, has returned home after a visit to her brother, R. G. Eyre. Mr. and Mrs. G. F. Murrell and little daughter, of Toronto, are visiting at Mrs. S. J. Avery's. Mrs. (Dr.) Shaw and daughter Miss Anna Shaw, Lansdowne, were week-end guests of Mr. and Mrs. G. A. Purvis. Mrs. Willis of Toronto is the guest of Mrs. James Purvis. A number from here attended the ice cream social in Caintown Wednesday evening. J. John Dickey had a stroke Sunday night and is in a critical condition.

**Farm Laborers**  
**WE MUST HAVE HELP!**  
 Illustration of farm laborers in a field.

**Excursions**  
 Going Trip West \$12.00 TO WINNIPEG  
 Return Trip East \$18.00 FROM WINNIPEG  
 Going Dates August 17 and 31 From Toronto, Sudbury Line and East, but not including Smith's Falls or Renfrew, also from Main Line East of Sudbury, but not including North Bay.  
 August 19 and September 2 From Toronto, also West and South thereof  
 Particulars from F. Conway, C.P.A., City Ticket Office, Cor. Princess and Wellington streets, Phone 1197.

**DO YOUR FEET BURN?**  
 Then use Zam-Buk. There is nothing so soothing for tender, aching or blistered feet, as Zam-Buk for sunburn, heat rashes, blistered hands, aching muscles, mosquito and insect bites, cuts, bruises, burns and all skin injuries and ailments. 50c. all druggists and stores.  
**ZAM-BUK IS SOOTHING!**

Made in Montreal Played Everywhere  
**August Victor Records**  
 Topical summer songs, popular instrumental successes, latest dance music, operatic numbers and lively band pieces.  
 A CHOICE OF OVER **Eighty New Selections**  
 Three ten-inch, double-sided Victor Records—90 cents for the two selections:  
 In the Gloaming Supplication McKee Trio 18063  
 At the End of a Beautiful Day Love Me at Twilight Jane Keryon Herbert Stuart 18065  
 Loreley Paraphrase From Foreign Parts Conway's Band 18078  
 Twelve-inch, double-sided dance record  
 Siam—Fos Trot Victor Military Band 33561  
 Ole Virginia One-Step Victor Military Band  
 Red Seal Record  
 Mollie Darling Evan Williams 74480  
 Hear them at any "His Master's Voice" dealer's  
 ONE PRICE FROM COAST TO COAST  
 Illustration of a gramophone.  
 The trade mark always guarantees the quality BE SURE TO LOOK FOR IT  
 Write for free copy of our 450 page Musical Encyclopedia listing over 6000 Victor Records.  
**Berliner Gram-o-phone Co. LIMITED**  
 120 Lenoir Street, Montreal  
 DEALERS IN EVERY TOWN AND CITY  
 Victor Records—Made in Canada 791-302

**40,000 Farm Laborers Wanted**  
**\$12.00 TO WINNIPEG**  
**SPECIAL TRAIN SERVICE**  
 Leave Toronto Union Station 11 p.m., Aug. 17th, 19th, 31st, and Sept. 2nd.  
 THROUGH TRAINS WITH LUNCH COUNTER CARS ATTACHED  
**EXCURSION DATES**  
 Aug. 17th and 31st From Toronto east to Chaffey's Locks and Kingston, also north to Thornlea.  
**DESTINATION TERRITORY**—Tickets one-half cent per mile (minimum 50c) till Sept. 30th, 1916, west of Winnipeg to any station east of Calgary, Edmonton and Tannis, Alta.  
**RETURN FARE AND LIMIT**—One-half cent per mile (minimum 50c) to Winnipeg on or before Nov. 30th, 1916, plus \$18.00 from Winnipeg to original starting point.  
 For tickets and leaflet showing number of farm laborers required at each point, also wages paid, apply to nearest C.N.R. Agent, or J. H. Ward, Station Agent, or H. C. Dunn, City Agent.  
**CANADIAN NORTHERN ALL THE WAY**

**Krumbles**  
 The New Whole Wheat Food with the Delicious Flavor originated by the Kellogg Toasted Corn Flake Co.  
 BATTLE CREEK, MICH. and TORONTO, CANADA  
 REMARKABLE how quickly KRUMBLES, the delicious new whole Wheat food, has taken its permanent place on the Canadian table!  
 Krumbles has the full appetizing flavor and sweetness of wheat, now brought out for the first time by the Kellogg method. Krumbles is prepared from the whole of the wheat. It contains all the starch, all the protein, all the mineral salts, all the phosphates, and all the bran. It is cooked, "krumbled," and delicately toasted—all the food value is ready to be assimilated.  
 Made in Toronto, Canada.  
 In the WAXTITE package—10c.  
 Look for this signature.  
 W.K. Kellogg  
 Illustration of a woman and a box of Krumbles.

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