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York, Pa.—"I have used Lydia E. Pinkham's Vegetable Compound and found it to be all you say it is. I was so sick that I could not stand at my sink to wash dishes and I could not sit without a pillow under me. I had the doctor every few days but since I have taken the Compound I don't have to send for him. I have had three children and could not raise any of them, but since I have taken the Compound I have a bright baby boy. I advise every suffering woman to try it and get relief. It has done wonders for me."—Mrs. CATHERINE GOODLING, 138 E. King Street, York, Pa.

When a medicine has been successful in bringing health to so many, no woman has a right to say without trying it. "I do not believe it will help me." There must be more than a hundred thousand women in this country who, like Mrs. Goodling, have proven what wonders Lydia E. Pinkham's Vegetable Compound can do for weak and ailing women. Try it and see for yourself.

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Girls' School Boots \$2, \$2.50, \$2.75.
Children's School Boots, Buttoned or Laced.
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FROM THE COUNTRYSIDE

Frontenac
SANGSTER
Sept. 26.—Some of the people attended Parham fair on Tuesday and Wednesday. L. Clow, Sydenham, and F. Young at P. O'Connor's; Hugh Riley at N. Murphy's; Mrs. John O'Connor at M. Daley's; Mrs. M. J. O'Brien at James Murphy's; M. Daley at Verona; Thomas Murphy at T. Young's; Mrs. T. Coulter and Miss Anna Fitzgerald at T. Barrett's.

GLENDOWER
Sept. 26.—A number of farmers are getting their threshing done. A number went to the Parham show. The pocket in which they put feldspar at Thirty Island lake fell down and they are fixing it up. Glendower factory makes cheese every other day. The boats have quit drawing feldspar in the lakes for a while. T. Garson and wife have returned to Cobalt after visiting friends.

BELL ROCK
Sept. 26.—The farmers of this district did not spend much of their time in threshing this season. Grain of all kinds was a very light crop. Raily Day for the Sunday school was observed here last Sunday, and a nice little sum was realized for the General Sunday School Fund. Merton Smith, who recently returned home from the west, was taken to the Kingston Hospital on Monday. Miss M. L. Yorke returned home from Toronto last week. Mr. and Mrs. E. M. Yorke, Verona, are at J. Pomeroy's.

BATH ROAD
Sept. 23.—School has reopened with the same teacher as last term. Farmers are ploughing, but find it somewhat hard. Mr. Brash has been drawing lumber from the city. Arthur Keys has moved his house and barn across the creek. Joseph Liddle has improved the appearance of his dwelling with a coat of paint. The men are cutting their corn, which has been recently touched with frost. Some people say they never had a better crop of potatoes, while others find them not very good. A few from here attended the Toronto exhibition. Mr. and Mrs. Joshua Cliff are visiting in Syracuse, N. Y.

FERGUSON'S FALLS
Sept. 25.—David Horricks is erecting a new silo for J. Cross. Miss M. Peas of Utica, N. Y., who spent her holidays here, has returned home. Alexander Shepherd and sisters Katie and Eva, visited at Renfrew on Sunday. D. Horricks and F. Gray attended the Almonte fair. The farmers of this vicinity are filling their silos and threshing. Mr. Lunday and Mr. Roy of Almonte spent the week-end hunting and visiting here. Mr. and Mrs. John Foote of Lanark, visited friends here and in Innisville and Scotch Corner's last week-end and returned home on Saturday.

PERTH ROAD
Sept. 25.—Fall ploughing has been commenced. Mr. Underwood, blacksmith and his family are moving to Kingston. Mrs. George McGillivray and family have returned to her home at St. Catharines, on Monday. Raily day services were held at the Union Sabbath school, and also at Leland on Sunday morning last. Mr. and Mrs. Bert Simkins, Elginburg, are moving to Maple Leaf, where they will occupy William Guthrie's farm for the coming year. Mr. and Mrs. George Green, Jr., spent Sunday at George Green's. Mr. and Mrs. Underwood are at H. Babcock's. Mrs. William Raymond is at Mrs. William Shales'.

PINE SHADE
Sept. 25.—Farmers are cutting corn. Thomas Love intends to start out threshing. Mrs. Donald Ferguson continues quite feeble. Her grand-daughter, Mrs. Christopher Armstrong, and little daughter, Crissy, after spending a few days with her, have returned to Hill Crest. Mr. and Mrs. Thomas Garrett spent Monday at Pine Shade. Mr. and Mrs. J. Scott and son are visiting at Thomas Scott's. Mrs. Hugh McLean and family, from Englehart, are visiting her mother, Mrs. Barbara Hughes, and sister, Mrs. Ephraim Donnelly. Joseph Tysick and son Nell made a business trip to Sharbot Lake last week. Miss Agnes McDonnell, who secured a school in Plevna district, has started her duties.

KEPLER
Sept. 25.—William Wolsey is still seriously ill in the General Hospital. Erastus W. Horning, wife and son, and Mrs. Garrett and Wilma, motored to Allan station to visit their sister Mrs. O'Brien and Mrs. Broad. A goodly number from Kepler took in the Cataract fair. Sunday school rally in the Methodist church here next Sunday afternoon. Mrs. Lindsay has returned from her sister's at Latimer. F. F. Lawrence and wife are at George Lawson's. Hiram Warram and wife, and Wellington Orser attended the Ottawa Fair. Miss E. M. Townsend is spending a few days at Latimer. Lorne Lawson, Kingston, is at his father's. Arthur Smith, wife and children, and Rev. E. Codling visited at T. A. Townsend. We hear a very favorable report of the new teacher, Miss Carran, of Sydenham.

BATTERSEA
Sept. 26.—Raily day was observed in the Methodist church last Sunday morning. There was a large attendance. The funeral of the late Henry Campbell took place on Friday afternoon from his residence to Sand Hill cemetery. Rev. A. W. Stewart had charge of the service. Mrs. Chandler Bennett was taken to the hospital on Friday in Reid's motor ambulance. She is improving. Elwood Keeler is home for a few weeks, at his school

at Burnt Hills is closed owing to an attack of scarlet fever. The Red Cross Society met at the home of Mrs. W. H. Jamieson last week. Mrs. E. T. Lake attended the fair in Picton last week. Her niece, Miss Yorke, returned home with her for a short visit. Mrs. H. Edwards is visiting her daughter, Mrs. Attwood, in Kingston. Thomas Clark, C. S. Clark and W. S. Anglin have purchased new cars.

ZEALAND
Sept. 25.—Threshing has not started yet. A number intend taking in Maberly fair. Master T. E. Garrett and Miss Jessie visited their uncle, John R. McLaren, Perth, on Friday. Mrs. George Garrett, sr., had the misfortune to have her arm broken. She and her daughter Violet were driving when a flock of sheep came running through the Elbow, a sharp turn in the road and met the horse suddenly, causing it to jump twice. The second time it took Mrs. Garrett out of the seat. She held to the reins and was dragged a considerable distance. Her shoulder struck a boulder and she was also badly shaken up and bruised. A few blasts of dynamite would do much to enhance the safety of the public as the road in question is dangerous in summer and winter.

HOWE ISLAND
Sept. 26.—The threshing is about completed and the farmers report a fair crop. Rain is badly needed in this locality. The schools are progressing favorably under the supervision of the Misses Welsh, and Besau. Many were sorry to hear of the misfortune of Miss M. Kary, who broke her arm on Thursday evening last. A number from here attended the Wolfe Island fair dance on Sept. 20th. Joseph Welsh, and Patrick Leavis have returned from the Toronto Exhibition. Miss A. Goodfellow has left for the Kingston General Hospital where she will take up her duties as a nurse-in-training. Visitors: Misses P. Kane and I. O'Rielly; Sunday at P. J. Kane's; J. Donoghue, Clayton; J. Norris; Miss M. Stone, Kingston; at Mrs. J. Quinn; Mr. and Mrs. W. Keon, and Mr. Johnson spent the week-end the guests of J. T. McDonald.

BETHEL
Sept. 22.—Some who attended the fair at Napanee from these parts were Mr. and Mrs. Frederick McWilliams, Miss Erma McWilliams, Miss Ruth Gordon (teacher), Mr. and Mrs. George Smith, Denwood Denison, Mr. and Mrs. John Jayne and sons, John W. and George Leo O'Mara, Leo Hinch and Mr. and Mrs. E. Freebourn. Mr. and Mrs. Albert Salisbury, also Mr. and Mrs. John B. Alkenbrack attended the reception given Mr. and Mrs. Ross Perry at Hay Bay on Wednesday evening. Edgar Salisbury attended Picton fair. Miss Danford, Bath, has been visiting Miss Olive Salisbury, who leaves in a few days for Kingston to attend Queen's. Mr. and Mrs. Wilbert Love and family are moving this week from the farm to their new home in Kingston. Levi Salisbury's new house is nearing completion. Miss Smith, Napanee, has been visiting her sister, Mrs. Charles Emberly.

SYDENHAM
Sept. 25.—The many friends of Mr. Townsend and Mr. Charles Joyner are sorry to hear that they are ill with asthma and rheumatism. Several attended the fair at Harrowsmith last week. Electric light fixtures have been installed in the Methodist church and Wesley Hall. The "At Home" given by the Epworth League on Tuesday evening was well attended and everybody thoroughly enjoyed the good programme given. Rev. Mr. Read ably filled the chair. Mr. and Mrs. H. Boyce have arrived home from Picton, where they visited for the past week. Mr. and Mrs. Edward Sills have returned after two months' visit with H. Sills, Manitoba. Mrs. Hanlan, Kenora, with her mother, Mrs. S. Joyner, Mrs. Corkill has been visiting Mrs. Shorey for the past week. Miss I. Irwin, Kingston, spent the week-end with Miss M. Cochrane. Mr. and Mrs. Babcock, Hartington, motored over on Sunday and visited Sydenham friends.

SHARBOT LAKE
Sept. 26.—Mrs. H. McLean, Englehart, is spending a few days at Mrs. Meighen's. Mrs. H. Yeoman and Mrs. A. Usher, of Ottawa, and Mrs. A. Miller, Collins Bay, have returned home after spending a few days at A. Hartman's. Sgt. "Jack" Carey and Sgt. Eugene Smith, of the 146th Battalion, were home before leaving for overseas. Elmer Walroth has returned home after visiting Gracie, nurse-in-training, Brooklyn.

Time for Peaches and Cream! To get full palatable joy with maximum of nutriment eat them on shredded wheat biscuit—a complete, perfect meal, easy to prepare, appetizing and satisfying. In **Shredded Wheat** all the body-building material in the whole wheat grain is retained, including the bran coat, which is so useful in promoting bowel exercise.

Lanark
LAVANT STATION
Sept. 26.—George Thomas and sister Mary, "Hillview Farm," spent the week-end with friends at Galbraith. Miss Ham, teacher at Beattie's school, visited at Mrs. J. E. McFarlane's. Mr. and Mrs. G. Sproule spent Sunday at the home of Mr. and Mrs. Thomas Horne, Poland. Samuel Jackson returned home from Kingston, where he has been under the doctor's care. He was accom-



JEANETTE WELLS AND HAROLD BLAKE
In the Aurora Opera Company's spectacular production of "The Bohemian Girl" at the Grand on Friday and Saturday evenings and Saturday afternoon of this week.

N.Y., is spending her holidays at her home here. Hafry Gordon and bride are spending a few days with the former's parents, Mr. and Mrs. S. Gordon. Mr. and Mrs. Elliott, of Ottawa, are visiting at Dr. Kilborn's. L. J. Munro, who has been ill for some time, is recovering. Harold Thomson, Miss Abbie Kilborn, Miss Edna Meighen and Miss Lena Clark motored to Parham fair. Lieut. R. F. Given spent a few days here on his last leave of absence before going overseas. Mrs. Robert Gray has returned home after visiting friends at Gananoque and Sydenham. Miss Ruby Dixon has gone to Hamilton to visit her sister, Mr. and Mrs. Lewis of Chapleau, are at Harrison's. All are glad to hear Mrs. (Dr.) Barker is improving. Blake Buell and Lieut. R. F. Given had a great catch of fish last week.

PARHAM
Sept. 26.—The annual fair held on 19th and 20th was a success. The exhibits were equal to, if not better than those of previous years. School is progressing nicely with Miss L. Black as teacher. Mr. Davidson is teaching at Titchborne. The weather continues dry and little ploughing has been done. A cement bridge is being built on Bell street. It was badly needed. A. C. Wagar is remodeling the upper part of his store to be used for a dwelling house. W. L. Goodfellow and family will move this week on their farm. Mrs. N. B. Topping, ill for some time, is improving. T. G. Black is on the sick list. Rev. W. W. and Mrs. Doherty have returned after a visit with friends in Kingston. Mr. and Mrs. G. W. Killins were the guests of Mr. and Mrs. W. D. Black during the fair. H. Clow has gone to Kingston where he has secured a good position. R. Goodfellow and A. Charlton, Belleville, spent a few days last week in the village. C. Allison has returned home after visiting with friends here. Miss Gladys Ayer returned to Sydenham today. Mr. Joseph Percy, Verona, is spending a few days with Mrs. W. E. Clow. The patriotic concert held in the I.O.O.F. hall on September 20th was well attended and a goodly sum was realized.

WESTBROOK
Sept. 25.—Raily day will be observed in the Methodist church here next Sunday. Cutting corn and filling silos is the order of the day. Mr. and Mrs. Denyes Fellows spent Wednesday last guests of Mr. and Mrs. W. L. Grass. Mrs. P. N. Grass spent the week-end with Mrs. G. W. Anderson, Kingston. Mr. and Mrs. J. A. Sproule spent last week in Syracuse, N. Y., and attended the State fair. Miss Nellie Smith was a recent visitor with Mrs. M. Kenny. Mr. and Mrs. Hyland, Wolfe Island, brought Tuesday last with Mrs. G. Cadott. Mrs. J. LaF. Sproule entertained at a delightful tea Friday afternoon in honor of her sister, Mrs. Charles E. Elliott, Brooklyn, N. Y., who has been her guest for several weeks. Those who dropped in brought the knitting. Among those present were Mrs. M. A. Sproule, Mrs. D. Ames, Mrs. W. Rankin, Mrs. A. M. Rankin, Mrs. A. Tait, and Mrs. B. Reese, Collins Bay; the Misses H. and K. Sheehan, Mrs. F. M. Grass and Mrs. W. L. Grass, Mrs. and Miss Chow and Mrs. Day, Kingston. Mr. and Mrs. W. Moon, Mr. and Mrs. E. Moon, Sydenham, and Austin Alton, Kingston, spent Sunday at F. Gate's. Mr. and Mrs. George Gates and Mr. and Mrs. Berry attended the Wolfe Island fair. Miss Jennie Howie visited friends here on Friday. Mr. and Mrs. Parks, Fellows, spent Sunday at H. Smith's.

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It's just as important to watch your windings as it is to wind your watch.
If you see one young man laughing at the old jokes of another, the other has a pretty sister.

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The Wrigley Spears are constant friends to teeth, breath, appetite and digestion.
Women workers relish the refreshing, comforting influence of this toothsome, long-lasting confection.
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