TDICK A Message To Thin

brellas, Suit Cases, Trunks. repaired and re-fitted. Saws filed, Knives and Scissors Sharpened, Razors honed. Al makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

Single First Class Fare Good Going Monday, Oct. 9th, Returning Same Day.

First Class Fare and One Third

Good Going Saturday, Oct. 7th, to Monday, Oct. 9th. Returning Until Tuesday, Oct. 10th. Tickets not good on trains 1 and

14 to intermediate stations between in hain wrapper. Montreal and Toronto. For full particulars apply to J. P. son and Ontario streets.

THANKSGIVING **EXCURSIONS** Low Fares via

Canadian

Pacific SINGLE FARE

Going Monday, Oct. 9th Return Monday, Oct. 9th FARE AND ONE-THIRD

Going October 7, 8, and 9

Return October 10

Purchase in advance. Tickets on sale now.

Full particulars from: F Conway, C.P.A., City-Ticket Office, cor. Wellington and Princess streets.

CANADIAN SERVICE MONTREAL TO LONDON

don From Montreal Sept. 23 ... AUSONIA ... Oct. 12 Oct. 14 ASCANIA Oct. 31

MONTREAL TO BRISTOL

Bristot From Cabin Passengers Only

For information apply Local Ticket Agent, or The Robert Reford Co.

Weak Scrawny Folks

An Ensy Way to Gain 10 to 30 lbs. o Solid, Healthy, Permanent Flesh.

Thin, nervous, undeveloped men and women everywhere are heard to say The reason is just this: You cannot get fat, no matter how much you eat, unless your digestive organs assimilate the fat-making elements of your food instead of passing them out through the body as waste. What is needed is a means of gently rging the assimilative functions of stomach and intestines to absorb e oils and fats and hand them over the blood, where they may reach

ful waste of flesh building elements and Elliott on Monday. The farmers are anee, took a fine drove of cattle from to stop the leakage of fats is to try filling their silos. Frank Hadigan is here on Friday last. Luke Shier is that has been so widely sold in America in recent years. Take a little Sargol Hollingsworth is building a cement tablet with every meal and see if your cheeks don't quickly fill out and rolls of firm, healthy flesh form over your body, covering each bony angle and projecting point. All good druggists have Mallorytown.

Take a little Sargol Hollingsworth is building a cement trip to Denbigh last week. Roy Moon, of Godfrey, is spending a few days with Miss Violet Shier. The picnic on the 15th of September was a decided success. Rev. Mr. Benson Sargoi or can get it from their whole-saler, and will refund your money if you are not satisfied with the gain in weight it produces as stated on the guarantee in each large package. It is tended the fair at Frankville on Satinexpensive, easy to take and highly urday. Miss Nellie Morris, who was home in Ottawa. after spending a month with her father, James Presefficient. If you find a druggist who is unable to supply you send \$1.00 money calling on friends, returned to New month with her father, James Pres-

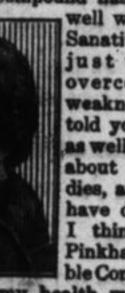
as a flesh builder and while excellent quite ill, is greatly improved in the Saturday last. John Quimmerly is Hanley, C. P. & T. A., Corner John- tion, etc., have been reported, care last few days. Dr. Murphy and fam- visiting his daughter, Mrs. John

IN CANACONI

Helped Every Year by Common Sense Suggestions Given Free by The Lydia E. Pinkham Medicine Co.

all kinds of female ills have been writing the Lydia E. Pinkham Medicine Co. | accompanied by her father and moth- and has rented a farm near Tweed, of Lynn, Mass., for advice.

experience, and thousands of sick women have been saved from untold suffer-



own work and have not had a sick day turning Monday. since I began taking your remedies I keep the Compound and Liver Pills on hand, all the time."—Mrs. GEO. THOMPson, 24 Sherwood Court, Newark, Ohio. Why don't you write for free advice? Address Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

Reduced Rates

THANKSGIVING DAY

SINGLE FARE

Going and Returning Oct. 9th, 1916.

Fare and One-Third

Going Oct. 7th, 8th, and 9th.

Returning until Oct. 10th, 1916.

For tickets and further information, apply to Station Agent or City

FROM THE COUNTRYSIDE

MALLORYTOWN.

Oct. 3.-Miss Jennie Guild was home for a few days last week, rebe starved, shrunken, run-down tis- turning to Kingston on Friday. Miss Myrtle Parks, of Napanee. John sues and build them up. The thin per-son's body is like a dry sponge — Lou Avery left on the morning train Lloyd has secured a position in Ban-son's body is like a dry sponge — for Winnipeg to resume her duties as nockburn. William Bell and sister rials of which it is being deprived by stenographer. Miss A. Latham, ma- Myrtle, of Mountain Grove, spent a tron of the Eastern Hospital, Brock- few weeks visiting friends in this take them from the food. A splendid ville, was the guest of Mrs. Archie vicinity. Anthony Walsh, of Nap-Sargol, the famous flesh building agent at Toronto with a car of cattle. Jas. ill. C. C. Thompson made a business

order or registered letter to the Na- York on Friday. George Hannah is lar. The electric plant will soon be tional Laboratories, 74 St. Antoine St. improving his place with a cement finished, and electric lights will be a tract of fixing over David Fletcher's and Miss M. Parks called on Miss NOTE: Sargol is recommended only house. Mrs. Emmon, who has been Jones on their way to Flinton on should be taken about using it unless ily, Smiths' Falls, are visiting at his Smith. Mrs. Drader returned to her father's here. Miss Lillie Howe is home after spending a couple of visiting friends at Gananoque. The Weeks with her brother, George rain on Friday was welcomed with Wheeler. the farmers, as the ground was so dry and hard that no fall ploughing could be done. The frost did quite a ot of damage to garden vines.

NEWBORO.

home. Preston Leggett, Clear Lake, and daughter, of Schumaker, new has, moved here, and taken up resi- Ontario, who paid an extended visit dence in J. T. Galligher's house on to the former's parents and other re-Carleton street. Mr. Lake, of the latives in this village and vicinity, 156th, is spending a few-lays at his have left again for new Ontario. For forty years women suffering from home. Mrs. Leggett, postmistress, Ferdinand Stein has leased his Denhas returned home from St. Mary's, bigh estate to his brother, Robert, er, Mr. and Mrs. Tracey, who will on which he intends to remove. Wil-Thus they receive common sense sug- make their home with her. A cement liam John caught a large black bear gestions drawn from a vast volume of sidewalk is being laid on New street, in a trap on Thursday last. Missionfrom Stephen street to the rectory. ary and harvest thanksgiving ser-George H. Leggett, mail clerk on the vices were held last Sunday in the C.N.R., has moved to Westport, and Lutheran Church, at which the local ing, as letters like the following clearly taken D. Blair's house. Miss Maggie minister, Rev. C. F. Christiansen was Brady is visiting her brother James, ably assisted by Rev. E. Gorman of Newark, Ohio. - "Lydia E. Pinkham's Bedford Mills. A number of tourists Petewawa. Rev. M. Vose of Egan-Vegetable Compound has made me a have recently arrived here, and are ville was also expected, but did not well woman. Your having great sport bass fishing. On arrive. Revs. Gorman and Christian-Sanative Wash is Friday, F. W. Wilson, of the Times sen left for Raglan to attend the fall just the thing to Union, Jackson Mills, Florida, land- sessions of the Eastern Conference overcome female ed a beauty, which weighed 6 1/4 lbs. of the Lutheran Synod of Canada, weakness. I have In St. Mary's church on September which are to be held there this week told young mothers 20th, a quiet wedding was solemnas well as older ones ized by the rector, Rev. H. Hall. The contracting parties being Miss dies, and what they Jean Bawden and Alexander L. Lut- by her sister, Mrs. George Ferguson, have done for me. ed. The church was prettily decor- is Mrs. Ferguson's intention to reside

PHILIPSVILLE.

er than birds' eggs. W. B. Phelps has just returned from a ten-day trip to New York State. He found the latives. Mr. and Mrs. George Rutherare about two cents less than they a very serious accident, being kicked are here. Miss Johnson, of Forfar, by a horse on the knee, injuring the will teach the school for another knee cap. year. Miss Nolan is teaching the Harlem school. Achison Bros. shipped a car of hogs to Montreal on Saturday. They paid 11 1/4 cents. Mer- place attended the school fair at ton Denny has a new auto. Mrs. Centreville yesterday, and came Richard Kirkland, London, is the home with thirteen prizes. Mr. and Richard Kirkland, London, is the guest of her mother, Mrs. A. Denny, for a few weeks. Miss Luciele Whitmore has returned home from a ten days' visit with friends in Brockville. A memorial service was held in the Methodist church on Sunday, 24th for Pte. Gunhom, who was killed in the trenches in France. Mrs. William Kennedy, of Saskatchewan, after fourteen years' absence, is visiting at her brother-in-law's, M. Kennedy's, and with friends and neighborns in this vicinity. Mr. and Mrs. Wartman and Miss Winnifred Eckhardt were the guests of Mrs. Russell Gilligan Marysville, Miss Idell borns in this vicinity. Mr. and Mrs. sell Gilligan Marysville. Miss Idell Winfield Leonard, of Canton, New Woodruff, attending Sydenham high York, motored here and spent a few school, was home for the week-end days with friends. They left for home on Saturday. Wesley Tacke-berry is having his house painted; Mrs. Loyde is a visitor with her sist-land being so dry. The potatoe crop around here is also a failure. Born, er, Mrs. A. Elliott. Stanley Haskin to Mr. and Mrs. Percy Furrs, of this er, Mrs. A. Elliott. Stanley Haskin had the misfortune to have a heavy log that he was loading roll back on him, and he has been laid up for some time. Frank Chisholm, who has been summering the summer with him well as the summer with him w Chisholm, returns to his duties in the Queen City on the 2nd inst. Mrs. Peter Nolan spent a few days in Brockville last week.

ERINSVILLE. Oct 2.-The recent frosts have one much damage to the root crops. Mrs. N. Flynn is visiting friends at Centreville. The banns for the wedding of Bernard Hopkins and Miss
May Kearns were published in the
Roman Catholic Church here on Sunday. Patrick Powers and J. E. Murphy are enjoying a trip in the western provinces. Congratulations are
offered to St. Patrick's Separate
School pupils on their secollers. pupils on their excellent wing at the rural school fair. greater number of first prizes than any of the other schools in competi-tion. Charles O'Neill and Clarence Neville arrived home on Tuesday evening. Miss Monica Mohan, Sharpton has been visiting her aunt, Mrs. William Hopkins. G. Clark, Tweed, made a business trip here on Monday. He was accompanied by Peter Lenahan. Thomas Fenelon, Rochester, N.Y., was a recent visitor at his sister's, Mrs. Thomas Gaffney's.

NORTHBROOK.

Sept. 30 .- School opened on the 19th under the management of Miss a decided success. Rev. Mr. Benson spent Saturday night at James Preslar's. Mr. Both and Mr. Barker are Montreal, and a complete ten days' house. H. McKeney has the con- great improvement. Miss A. Preslar treatment will be sent you postpaid house. H. McKeney has the con- great improvement. Miss A. Preslar

DENBIGH. Oct. 3.-Mrs. J. S. Lane, who enjoyed a week's visit with her sister, Mrs. G. G. McNab, in Renfrew, has arrived home. Mrs. M. Ready and Oct. 1 .- G. S. Wrathall is spend- baby are visiting relatives in Renng his vacation of a few weeks at frew. Mr. and Mrs. Alfred Glaeser

Oct. 3 .- Mrs. Carter, accompanied

ated with white asters. Miss Maude there with Mrs. Carter. Mrs. Harry Pinkham's Vegeta- Singleton presided at the Organ. R. Jones and little daughter, Wilhelble Compound saved

J. Hutchings, Calgary, Sasks, made
a flying visit to his father, Elisha
When I wrote you, but now I can do my

Hutchings, arriving Saturday and reHutchings, arriving Saturday and relittle daughter, Wilhelmina, have returned to their home in
Kingston. Mrs. Henry Souva, with
little daughter Eva, left last Monday for her home in Watertown, accompanied by her mother, Mrs. Charles Kilgannon, Mr. and Mrs. Thomas Oct. 2.—Silo filling is about done, Sharpe spent a few days in Kingston, and many of them are not half full. guests of Mrs. (Dr.) J. Gibson. Miss Many have no corn in them. We can- Lida Hymers has been the guest of not remember when there was so Mrs. William Heaslip, Mr. and Mrs. poor a crop of corn. If the farmers Bernard Oswald were the guests of did not have an abundant hay crop Mr. and Mrs. Charles Mooney, Westthe cattle would suffer for feed this brook, last Sunday. Charles Hamm winter. The heavy rain on Thursday spent a few days with his parents, night and Friday enabled farmers to plow. The rain did not come early return from Gull Lake, Sask., before enough to help the late potatoes. In returning to Queen's. Mrs. Sidney many places the potatoes are no larg- Sproule returned last Thursday from crops over there about the same as ford, North Bay, are visiting with they are here. The prices for cheese friends here. Bon Emmons met with

COLEBROOK.

Oct. 3.-The children from this







Help Her to Improve Your Service!

To subscribers interested in developing pleasing telephone manners among their employees we would suggest the following simple card of instructions:

To Employees!

We encourage and desire telephone trade. It makes up a large percentage of our annual sales. Every employee, therefore, should be particularly considerate of all telephone callers and should handle telephone orders in a way that will reflect. credit on the store and hold the good-will and patronage of our

Please read the following suggestions on answering the telephone and follow them at every opportunity: 1. Always answer the telephone promptly.

2. Don't say "Hello." Answer with your name and the name of your

3. Be ready with your order pad, in order not to keep your caller waiting.

4. If you require help in handling the call properly, get it at once, or politely transfer the call to the employee who can best handle it.

5. If you answer for another employee/offer to take the message, then call it to the other's attention at the first opportunity. 6. Remember, abruptness or indifference drives away trade.

7. Maintain the same courtesy and consideration in a telephone conversal that you would with your customer face to face.

B. E. COURTEOUS & WIN COMPANY Would not the above card, modified to apply to your business, be an

added encouragement to your employees to be courteously efficient over the telephone?

The Bell Telephone Co. OF CANADA

VENNACHAR.

Oct. 3.—The evenings have been very cool with heavy frosts of late, which seemingly has ripened the corn. Many attended a corn husking at James Jackson's on Friday evening last. Miss Orpha Wilson is convalescent. Service was held in the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening. Rev. Mr. MacLanghlin of the Methodist church on Monday evening the Methodist church of the Me ening. Rev. Mr. MacLaughlin officiated. Born, to Mr. and Mrs. Benjamin Lake, on Sunday morning last, a son. William Holmes made a business trip to Denbigh on Saturday. James Wilson, Matawatchan, motored through here on Friday.

Mrs. K. Robinson, Kingston, is visiting her parents, Mr. and Mrs. John Gilmour. Mrs. Alfred Gregg and Mrs. Zara Snider were at Mrs. N. J. Ball's on Tuesday. Miss Martha Ball, who has been visiting friends in Miller and Matawatchan, returned on the rhome here on Tuesday, accompanied by Rev. Mr. McNaught, Matawatchan. Mrs. N. J. Ball and George Hughes. Miss Eva Jackson, echool' teacher, Glenfield, spent the week-end at her home here, returned on the returned of the reschool in the afternoon Sunday. Thomas Dool, Denbigh, visited Miss M. Ball on Sunday.

Miss Nora Hughes visited at Mr. Marshall Bebee's on Saturday. Miss motored through here on Friday.

Hastings

Denbigh, removed his young cattle he spent a couple of weeks, and is ap-from the Sweetman fallow to parently much improved in health. his farm here on Friday last. Mr. and Mrs. Levi Buckley, Belle-

BLOOMFIELD.

Oct, 3 .- On the night of Sept, 3 heavy frost fell in this locality killing corn and tomato vines and other garden stuff. Evaporators are get-Sept. 30 .- Mr. and Mrs. William | ting ready for business, but the apple

