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Then listen! Cold attacks the lungs and the breathing passages. To cure it you need to get at these organs direct. Ordinary cough mixtures and syrups do not touch the lungs, but go direct to your stomach, which is not ailing. Peps, on the contrary, go direct to the very seat of the trouble.

Peps are tablets containing essences and medicinal ingredients so prepared that when placed upon the tongue they immediately turn into vapor, and are breathed down the inflamed air passages to the lungs, direct.

Peps medicine takes the form of healing vapor, and cures colds, coughs, bronchitis and lung troubles, just as living in Pine woods and breathing Pine-laden air prevents consumption and cures chest weakness. Tightness across the chest, pain between the shoulders, hacking cough, sore throat, asthma and bronchitis are the ailments which, in particular, Peps have been designed to cure. Peps will soon end your bad cold.

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The Doctor who sees and treats each patient personally and who has restored thousands to health. Consult him Free today.

DR. WARD'S specialty is DISEASES of MEN! He treats nothing else. For the past 28 years he has given the best part of his life to the study of MEN'S DISEASES including America's and Europe's best hospitals. He has restored thousands of Weak, Ailing Men to Vigorous Manhood, Health and Happiness again. Scores have doctored elsewhere in vain. Hundreds of cured patients have recommended their friends and relatives to him. Fathers have sent their sons. The treatment they received and which you will receive is such as approved and recommended by the best medical authorities the world over. It is just the treatment for YOU—the BEST—SAFEST, and SUREST Cure known to medical science.

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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. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhœa. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

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FROM THE COUNTRYSIDE

NOTICE TO CORRESPONDENTS

News letters intended for publication need not be sealed. Simply fold in the flap and a one-cent stamp will carry them. Some of our correspondents are placing two cents on the envelopes and sealing them. This means that we have to pay two cents MORE to get the letter out of the post office. Our friends will please bear in mind that a one-cent stamp will carry an unsealed letter, containing news, to any newspaper.

Frontenac

SYDENHAM.

Nov. 10.—The annual tea meeting under the auspices of the Methodist church ladies was held Tuesday evening and was a great success. Mr. and Mrs. Elmer McCrory, Mrs. Catherine Clark, Misses S. Drader and M. Reynolds motored to Camden East recently.

HARTINGTON

Nov. 10.—Miss Annie Hill, is visiting her sister, Mrs. Thomas Sigsworth. Mr. and Mrs. McOmeen, are at H. Jamieson's. Miss Estella Trousdale, is expected home from the Toronto Conservatory this week. Mrs. J. E. Freeman, is visiting her son in Newburgh. Sergeant-Major Freeman has returned from deer hunting. Charles Moore received word that his son Clayton had been wounded in action on the 26th. The babies of Archibald Goslin and Earl Leonard are both ill. Mr. Saul and children of Camden East, are at Elijah Sigsworth's. Mr. and Mrs. Babcock, of Wilton visited at Daniel Freeman's last week.

FAIRVILLE.

Nov. 7.—Drawing sand is the order of the day. Mr. Garrison has moved to Kingston where he secured a position. Mrs. Bowers, and little son, Robert have also gone to the city to live. The Red Cross Society will hold its monthly meeting at the home of Mrs. R. H. Fair, on Wednesday, Nov. 8th. Miss Hartwick and Mr. Benn, Kingston, called on Mrs. Jeffrey and Mrs. Hogan recently. Mrs. R. H. Fair, called on Mrs. T. Hogan on Monday. Mrs. O. H. Richards, and children, Kingston, spent the week-end at the home of Mrs. F. Jeffrey. Mr. Snider has gone to Oso, to hunt. Walter Hogan, Railton, spent Sunday at his home here.

WOLFE ISLAND, FOOT.

Nov. 10.—Our three public schools from lowest up westward are taught by Miss Moore, Miss Langley and Miss Bleom. They are alert, efficient teachers, and in favor of progress. A farmer turned his cows into a field in part of which was a garden, and they ate freely of ripe cucumbers on the ground, and poor fallen apples and three became very sick. Dr. Bell, Kingston, gave vigorous remedies, but a fine cow soon passed away. Other farmers may use the knowledge to advantage. Miss Maud Gillespie, went to visit Mr. French and wife (nee Miss Gillespie) in Windsor Ont. She is expected back towards Christmas, and will be very welcome. A literary and musical concert was given on the 7th in St. Lawrence Methodist church here to a good audience. Mr. Woodman in the chair. The choir gave choruses, "O' Canada," "Till the Boys Come Home," "Good Luck to the Boys." Recitations by the Misses Lehman, Sanford and Orrie Michea, Richard Joslyn, Howard Niles, Clarence Woodman, Clara Gillespie. Flag drill by five boys. Readings by Miss Langley, Orrie Michea, Miss Glenn. Elocutionary rendering "The Creed of the Bells," by the pastor Rev. W. Henderson. He also gave address on "Down South in Dixie" taking the audience along as traveling companions. It closed with the National Anthem, and verse "God Save Our Splendid Men". The people left feeling they had spent a most delightful and profitable evening.

CLARENDON.

Nov. 10.—Mrs. Rogers and son, Guy Rogers, Brooke, are visiting at Mrs. Campbell's. Mrs. Milford Moss, Kingston, spent a few days with her mother, Mrs. Appleby. Pte. Ambrose Boles, 146th, Kingston, spent a few days at his home here. James Campbell is spending a few days in Kingston. Mr. and Mrs. David Riddell made a trip to Kingston last week. Miss Jessie Crain has gone to Snow Road for a short time. Mr. and Mrs. Harry Dupont and children, Ottawa, who have been visiting at John Cain's, returned home. Master Percy Dupont was bitten by a dog recently. Dr. Barker put several stitches in the wound. All are sorry to hear of the death of Elmer McCord, James McCord's little son. The family have diptheria, and little Elmer died before medical help arrived. The family, who live a few miles from Clarendon, are quarantined. Napoleon St. Pirre, Mrs. St. Pirre and Mrs. J. Badeour visited Cananto frnends this week. Mrs. Thomas Kirkham spent a day at Sharbot Lake recently. Mr. and Mrs. Joseph Tysick made a trip to Kingston. Miss Steele and Miss Bartraw, of Mississippi, were recent callers in Clarendon. David Poe, mining engineer, Toronto, spent a few days in this vicinity; also Mr. Avery and L. B. Caldwell and party, of Lanark, who motored up here. Large quantities of live poultry are being shipped to Montreal and other points from here; also an unusual number of cars of live stock. The general store here is having a big run of business this fall, the flour and feed business being particularly heavy just now. John Barr, of Toronto, was a caller in town lately, also Wm. Barr. Hunters are getting their share of deer.

MOUNTAIN GROVE.

Nov. 10.—O. Carr, Verona, purchased a car of lumber from A. McDonald. Marshall Bros. are threshing for the farmers in this vicinity. Mrs. Frederick Godfrey and children, New Ontario, are with his parents. Mr. Godfrey is in training at Toronto for overseas service. Miss Bessie Price has gone as housekeeper for her brother, Arthur Bridgefort, Sask. Word has been received that Oakland Hayer, Bryce McDonald, Ray Drew and Ernest Lewis, of the 146th Battalion, have gone to France. Mrs. Carr, sr., Verona, is with her daughter, Mrs. D. Youmans. The home of S. Cowdy had a narrow escape from being burned on Hallowe'en night. A little grandson when going to bed lighted a match, and on passing a curtain it caught fire, burning clothing hanging on the wall. The children ran for help, but before it arrived the old people had the fire under control. W. H. Cowdy has built a cement mixer, which he runs with his gasoline engine, and is building a cement cellar under his house. The Women's Institute held its monthly meeting at Mrs. A. W. Thompson's on Wednesday afternoon. A bread-making contest was the item of interest when three prizes were given. Mrs. French securing first, Mrs. L. L. Price second, and Mrs. J. E. Price third. Mr. and Mrs D Cox, Mr and Mrs. E. Godfrey and James McDonald motored to Belleville. James Bradley has received official notice that his son, Robert, is wounded. J. A. Cox has received word that his brother, David, is wounded. J. E. Price has started collecting. Rev. and Mrs. Webster attended the fowl supper at Arden on Tuesday evening.

CUSHENDALL.

Nov. 11.—Most of the farmers are pretty well throught plowing. The sale of farm stock, etc., at R. Greenlee's on the 1st was well attended, and everything sold for high prices. The sad news of the death of the late William J. Carey, Woodburnt, has a great shock to his many friends in this vicinity as his illness was of brief duration and had not been considered serious. The late Mr. Carey was a highly respected young man, was for several years warden of St. James' church, and many regrets are expressed over his death. The funeral on Sunday to Willowbank was largely attended, the services being held at his late home by Rev. Mr. Kirkpatrick, and also by the Orange order, of which the deceased was a member for many years. The many friends of Miss Anglin, Kingston Mills, are pleased to hear she is improving from injuries received by being thrown from her buggy recently when the horse become frightened and ran away. J. Hughes suffered a serious accident on Thursday when his horse kicked him in the face. Medical aid was given as quickly as possible, when the doctor found it necessary to put in several stitches, his face being cut badly. Mrs. Grimshaw, Toronto, has returned home after visiting at J. Weir's. Miss N. Trotter, who is attending high school in Belleville, spent the week-end at home. Mr. and Mrs. T. Maxwell are at W. Gordon's. The members of Zion church held a concert in aid of Red Cross recently.

Leeds

MELCOMBE.

Nov. 10.—Mr. and Mrs. C. Heaslip, Kingston, are visitng relatives here. Miss Celia Ralph is visitng friends in Brockville. Two sisters from the House of Providence, Kingson, were through here this week. Mrs. Michael Donevan is in Gananoque attending the funeral of her sister, Mrs. P. Sullivan. B. Mullen, Brewer's Mills, visited friends in this locality. Mrs. A. Landon has returned home after spending a week with her son at Wells Island. The cheese factory has closed for the season, and the cheesemaker, B. Coulter, has moved with his family to Kingston. Mr. and Mrs. Robert Foster, Charleston, were recent visitors.

LONG POINT

Nov. 7.—Mr. and Mrs. George K. Wight, spent the week-end at E. Andrew's, Keelerville. Dr. Fergus O'Connor, Maurice and Miss Margaret O'Connor, spent Sunday at C. O'Connor's. Clarke Townsend, visited friends in Gananoque last Thursday. Miss Lenna Bryan, Sweet's Corners, spent the week-end at her home here. Misses Eulalia Wiltsie and Miss Madeline O'Connor, visited at J. E. Donnelly's, Seeley's Bay, on Thursday, Mr. and Mrs. George Chapman, Seeley's Bay, visited Mrs. Susan Seabrook on Monday. Joseph Bevens, left on Friday for Algoma, to remain a couple of weeks. School is closed owing to the illness of the teacher T. V. Scanlan. Mr. and Mrs. H. Warren, Lansdowne, were guests at J. Singleton's on Sunday.

NEWBORO

Nov. 9.—Mr. and Mrs. Hallinan, Smith's Falls, were visitors at James Nolan's over Sunday. Miss Pinkerton is suffering from tonsolitis. Thomas Gray has moved to the Lewis Block over his store. The sudden death of William Bulger, Sr., who passed away last Thursday is regretted by all who knew him. His wife and family have the sympathy of the community. Mrs. George Bawden, is visiting in Ottawa. George Bell Leonard Myers, Percy Cavanah, and Edward Landon, arrived home from near Toronto, and spent Sunday. With a happy smile J. H. Scott, is passing the cigars, over the advent of a daughter born Nov. 8th. A cement walk and steps are being laid to the Methodist Church. Miss Honor Tett returned to Montreal on Tuesday. A large number of cases were called before Judge Dowsley at Division Court here on Tuesday.

Lennox and Addington

TAMWORTH

Nov. 8.—Miss Gordon, Camden East, visited Miss Laura Roark, on Sunday last. Mrs. Thomas Murphy, died on Monday last. The funeral was held at the Roman Catholic Church, Rev. Mr. Carey, preached the funeral sermon. Arthur Roark, sergeant at Camp Borden, visited his parents here on Saturday last. Daniel Gillman was home for Sunday. Mr. Roark and D. B. Floyd, attended a meeting at Desmond on Tuesday evening last. The Presbyterian anniversary services are to be held on Sunday.

EVERGREEN VALLEY

Nov. 9.—Rev. D. W. Parks, wife and daughter, Sydenham, spent the week-end at her brother's, W. Hegadern's. Frank McCormick's car load of potatoes arrived from the west to-day at Ernesttown Station. James Hamilton has rented Miss Mary Milsap's farm. Mrs. James Hagadorn is suffering from an attack of grippe. Mr. Stuart Berry has found his horse which wandered from his premises over three weeks ago. It was located above Bath. Mr. and Mrs. James Gates and Mr. and Mrs. P. Wright, spent Sunday evening at G. A. Gate's Junior.

VENNACHAR.

Nov. 9.—Five hunters from the vicinity of Yarker and Moscow are at Wellington Holmes', taking a share in the wild deer chase. Robert Jackson, who has been making cheese on Wolfe Island for the season, returned to his parents' home, accompanied by a friend, to share in hunting. Mrs. G. W. Jackson, of Kingston, and daughter, Velma, and Emma Elliot, are visiting friends and relatives in this vicinity. Born to Mr. and Mrs. Henry Shaw a son on Nov. 3rd. Mr. and Mrs. James Sallans, of Plevna, have moved to their residence here. Mrs. Andrew Liemkie, of Plevna, is visiting her parents, Mr. and Mrs. William Sallans. George Ball and Miss Alma Wienike, of Denbigh, were at Mrs. N. J. Ball"s on Sunday last. Miss Eva Jackson, teacher of Glenfield school, were at her parents' home over Sunday. The services held in the Free Methodist church on Sunday were conducted in the morning by Mr. Alton, of Gananoque, former minister, and Mr. Simpson, present minister, and the evening service by Mr. Gregory, of Odessa, former minister. Mrs. James Grant, who has been in the house with a sprained ankle, is able to be around again and registered at the "Busy Corner" on Saturday. Mrs. John W. Ball, of Wilson, is visiting her sister, Mrs. W. Ball. Mrs. R. W. Connor made a business trip to Lavant on Monday. Mr. and Mrs. Norman McCrimmon, of Mountain Grove, is visiting friends and relatives. Mr. and Mrs. Brookes, of Wensley, were at Mrs. Charles Ball's on Sunday. James Grant and son, Frank, made a business trip to Cloyne last week. George Ball, of Denbigh, accompanied two cattle buyers to this vicinity on Tuesday. Mrs. Anson Thompson, of Glenfield, accompanied her sister, Mrs. George Jackson, to the Busy Corner. Mr. Thompson, tax collector, is making his rounds through this municipality. The numerous quilting bees fortell a very cold winter. Archelaus and Russell Ball, of Denbigh, were at their grandparents' on Sunday. Miss Clara Gregg, of Kingston, is visiting her parents, Mr. and Mrs. Alfred Gregg. Mr. James Jackson employed a number of men to build a house for Benjamin Lake, who has been living for the past summer on Asa Connor's farm. John Gilmour made a business trip to Bessemere mines. Mr. and Mrs. Solomon Bebee made a trip to Slate Falls, visiting friends over Sunday. Hugh Brown made a business trip to Denbigh, returning Wednesday via Bebeeville. Mrs. William Bailey returned from Kingston Monday. Charles Ball at James Grant's on Wednesday. Mr. Gendron, teacher, is busy making flower plots at school for the planting of bulbs. William Sallans has purchased a valuable horse. George Hughes made a business trip to Busy Corner. Mrs. Andrew Wilson was at G. M. Bebee's on Thursday.

Lanark

FERGUSON'S FALLS.

Nov. 8.—A sewing meeting was held at T. Rathwell's on Tuesday in aid of the Red Cross. Charles Quinn has returned from the west. P. Command has gone to the lumber camp, Massey. Charles Hollinger is gathering up lambs. The building committee intend holding a ball in aid of the building of a hall here. Miss Margaret Stafford is ill in hospital in Smith's Falls. Miss Alice Quinn and mother visited the home of P. Murphy on Monday. Deer are very scarce this year.

Where just $1 did more than $40!

This was the case of Pte. C. Oakley of the 96th Highlanders. Writing to the Zam-Buk Co., he says: "I could have saved myself $40 if I had only known of Zam-Buk sooner. I had the misfortune to cut my leg very badly. I immediately went to a doctor, who sewed up the wound and attended me for five weeks, during which time I was obliged to give up my work. At the end of that time the wound was no better, and the doctor advised me to go into a hospital for treatment, but as the doctor's treatment had already cost me $40, and I had received no benefit, I determined to try something on my own account.

"Just then I heard Zam-Buk highly recommended. I procured some and commenced using it. I soon discovered that the healing power of Zam-Buk is simply marvellous! In two weeks' time I was able to return to my work, and per-severance with Zam-Buk resulted in a complete cure. I had only used one dollar's worth of Zam-Buk in all, and it had succeeded, whereas $40 spent in doctor's treatment had failed. Needless to say, I shall never in future use any ointment but Zam-Buk, and I would advise everyone to keep it on hand—it saves doctors' bills."

Zam-Buk is just as good for burns, scalds, bruises and all other skin injuries, and there is nothing can equal Zam-Buk for eczema, and all skin diseases, ulcers, running sores, old wounds, ringworm, salt rheum, abscesses, blood-poisoning, boils, pimples, erysipelas, scalp sores and piles. All druggists or Zam-Buk Co., Toronto. 50c. box, 3 for $1.25.

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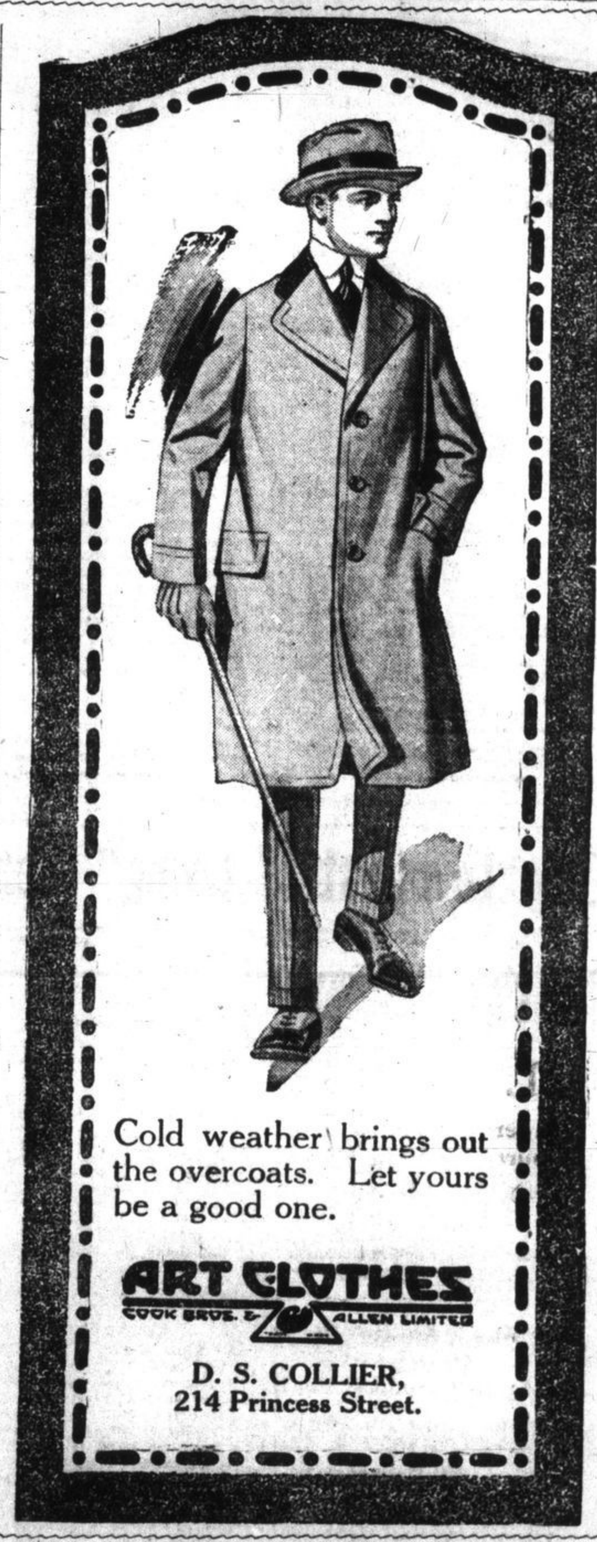

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IN EFFECT JUNE 25TH, 1916.

Trains will leave and arrive at City Depot, foot of Johnson street.

Going West.	Lv. City.	Ar. City.
No. 19—Mail	[illegible] a.m.	12.57 a.m.
No. 13—Fast Ex.	[illegible] a.m.	3.35 a.m.
No. 27—Loc. to Tor.	[illegible] a.m.	9.54 a.m.
No. 1—Intl. Ltd.	1.35 p.m.	3.12 p.m.
No. 7—Mail	3.04 p.m.	3.40 p.m.
No. 31—Local to Belleville	6.48 p.m.	7.37 p.m

Going East.	Lv. City.	Ar. City.
No. 18—Mail	1.40 a.m.	2.17 a.m.
No. 16—Fast Ex.	2.58 a.m.	3.35 a.m.
No. 32—Local to Brockville	8.15 a.m.	8.50 a.m.
No. 6—Mail	12.20 p.m.	12.52 p.m.
No. 14—Intl. Ltd.	1.08 p.m.	1.38 p.m.
No. 28—Local to Brockville	6.48 p.m.	7.37 p.m

Nos. 1, 6, 7, 13, 14, 16, 18, 19 run daily, other trains daily except Sunday.

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Lv. Kingston	2.45 p.m.
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(Daily Ex. Sun.)	
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Oct. 24 Ionian Nov. 17
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Lv. Glasgow Lv. Montreal
Nov. 4 Pretorian Nov. 23

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