



WHEN CLERGYMEN SPEAK

In favor of a remedy, it is safe to conclude that the remedy has more than usual merit. Clergymen who have used Zam-Buk have found it so excellent, that they have not hesitated to give their opinion.

Amongst them is the Rev. A. D. McCord of Harcourt, N.B., who in a letter written recently, refers to the remarkable popularity which Zam-Buk enjoys in the homes of the people of his parish.

For injuries, Zam-Buk is equally good. Nothing ends pain, stops bleeding and draws out soreness so quickly. Being highly antiseptic, Zam-Buk prevents wounds from festering.

All druggists, 50c. box, 3 for \$1.25, or from Zam-Buk Co., Toronto. Send 1c. stamp for return postage on free trial box.

ZAM-BUK

FOR SALE 183 Acres, \$6200 Four miles from city. Good buildings; well watered. W. H. Godwin & Son 89 Brock Street Phone 424

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE In effect Apr. 29th, 1917. Trains will leave and arrive at City Depot, foot of Johnson street.

HOMESEKERS' EXCURSIONS MAY 8th TO OCTOBER 30th Every Tuesday "ALL RAIL" - also by THURSDAY'S STEAMER "Great Lakes Routes" (Children Navigation)

CUNARD LINE Passenger Service between Montreal and London (Calling Falmouth to land passengers) For particulars of sailings and rates apply to local agents or to The Robert Bedford Co., Limited, General Agents, 54 King Street East, Toronto.

FROM THE COUNTRYSIDE

Frontenac

BATH ROAD. May 1.—The cheese factory has opened with a good supply of milk. H. Rice, Westport, has rented J. Ferris' farm and has taken possession. The many friends of Miss Bessie Hull are pleased to hear of her success at the recent Normal school examinations at Peterboro.

INVERARY.

May 3.—The Ladies' Aid met at the home of Mrs. E. F. Demes on Wednesday. The yearly election of officers took place. Mrs. Frank Loney was appointed secretary, and Mrs. C. H. Arthur treasurer.

MOUNTAIN GROVE. May 4.—The Orangemen are preparing the foundation for their hall on the lot lately purchased from A. McDonald, and intend moving it down from the hill. Much sympathy is felt for Mr. and Mrs. George Lewis and family in the death of their son and brother, Pte. Ernest P. Lewis, of the 146th, who was killed in action "Somewhere in France," April 9th.

WOMEN OF CANADA.

Port Coulonge, Quebec.—"I am happy to tell you that your medicine did me wonderful good. I was troubled with weakness and I tried wices and other things but received very little benefit. I was young at the time and I knew of the about medicine till a lady friend came to me with a bottle of Dr. Pierce's Favorite Prescription. I became stronger and my year afterward had twins."—Mrs. J. LEADY, Port Coulonge, Quebec.

A GREAT BOOK THAT EVERY WOMAN SHOULD HAVE. Over a million copies of the "The People's Common Sense Medical Advisor" are now in the hands of the people. It is a book that everyone should have and read in case of accident or sickness.

Doak's Cotton Root Compound. A safe, reliable, regulating, and strengthening medicine. No. 1, 50c. No. 2, 25c. No. 3, 10c. per box. Sold by all druggists, or sent by mail on receipt of price. Free pamphlet. Address: THE COTTAGE MEDICINE CO., TORONTO, ONT. (Opposite Widens')

Canada S.S. Lines Freight Service

BETWEEN HAMILTON, TORONTO, PICTON, KINGSTON, CORNWALL, MONTREAL AND QUEBEC. EASTBOUND "BELLEVILLE" Lv. Toronto 10 p.m. Monday. Ar. Kingston, Wednesday, 5 a.m. "CITY OTTAWA" Lv. Toronto 5 p.m. Wednesday. Ar. Kingston, Thursday, 9 a.m. "CITY HAMILTON" Lv. Toronto, 5 p.m. Saturday. Ar. Kingston, Sunday, 9 a.m. WESTBOUND "BELLEVILLE" Lv. Montreal 7 p.m. Friday. Ar. Kingston, Monday 4 a.m.; Picton, Monday a.m. "CITY HAMILTON" Lv. Montreal, 2 p.m. Tuesday. Ar. Kingston, Thursday a.m. "CITY OTTAWA" Lv. Montreal 12 noon Saturday. Ar. Kingston, Monday a.m. For further information, apply Phones 206 or 31. M. E. PARKS, Gen'l Agent.

THE SOLDIERS' WORST ENEMY.

The Mud of France Described by a Soldier. The mud is there ever and always, implacable and relentless—the mud that keeps you from walking, chills you, clutches you, weighs you down, and drives you to despair. Five days of dragging one's self along up to the waist in the horrible, cold, gluey paste. It began as soon as we left Cabane-Puits. But first it was bearable. We slipped or got stuck or splashed or splattered, but that was a mere nothing. The terrible part came when we went into the communication trenches. It was fortunate that our knapsacks were at Hill 181 and not on our backs. The chalk of Champagne, when combined with water, rapidly forms a soft paste in which one plunges up to the waist. And it was necessary to march in this; in other words, to put one foot before the other, to pull it out with a wrench, and so on for a few kilometres. At the start, the effort was a conscious one, but at the end of the first hour the motions became automatic; all one's sensations resolved themselves into one dull pain in the chest and body. Several times I got my leg stuck, and had to be pulled out by one of the lieutenants left his shoe in the mud; he was literally caught like a lark on a lime-twig, and when, by dint of desperate efforts, he brought forth his shoeless foot, a further on we were sobered by a terrible discovery. We found the body of a soldier, who had perished while alone, and was not able to extricate himself from the horrible embrace of the mire. This was the first corpse I had seen and it was much affected.—January Atlantic.

St. Winifred's Well.

The despatches telling that St. Winifred's well, in Holywell, Flintshire, Wales, has gone dry observe that it had been flowing "from time immemorial," but legend is more specific as to the date of its origin. Winifred, or Winefride as she is known, in the Roman Catholic Church, or Guenevere in the English, until the conquest of Wales, was born about 600 A. D. Her uncle, St. Beuno, built a monastery in Flintshire, where the girl lived with her father, Thevit, a Cambrian magus. Caradoc, son of a neighboring prince, returned to carry off Winifred. She fled toward her uncle's house, but the wicked youth overtook her on the slope above the site of the present well and with his sword cut off her head. The head rolled down the incline and where it rested there gushed the spring. St. Beuno left the well to be used for the sick, and the body and covered them with his cloak. After mass he removed the cloak and Winifred was as well as ever, except for a thin white circle around her neck. Presently Caradoc fell dead where he stood, and his body was thrown upon his sword, and it was the popular belief in Wales that the earth opened and swallowed him. There was a stone in the well pool, and St. Beuno, standing on this, made the promise that "whoever on that spot should thrice ask for a benefit from God in the name of St. Winifred, would obtain the grace he asked if it was for the good of his soul." All this we have from the British monk Elerius, whose manuscript is in the British Museum, and from another script supposed to have been written by Robert, prior of Llanidloes. The well has been regarded by pious persons as another Lourdes.

Japan's Harvest Ceremony.

The Nilname Sai or second harvest festival of the Japanese year was held with Shinto ceremonies at the Imperial Palace, Tokio, on November 23. Two ceremonies of exactly the same program were observed, one at 4 o'clock in the afternoon and one at midnight. The Emperor attended both. The ceremonies, says the Japan Advertiser, were held at the shrine called Shinden, which was decorated for the occasion by the court ritualists. The ritualists and masters of ceremonies, cabinet ministers, generals and admirals and many other Government officers, civil and military, were present at the shrine by 5.40 o'clock. Prince Mujo, chief ritualist, read an address, announcing the beginning of the day's ceremonies. At 6 o'clock his Majesty, accompanied by his suite, appeared in Shinto costume. While the ritualists were playing music, his Majesty made offerings at the altar and read an address. With the spirits of the Imperial ancestors at the shrine he ate the new rice of the year. Then he withdrew the offerings. His Majesty soon retired to his palace. The Cabinet Ministers and others who were present paid their respects at the shrine. The ceremony at midnight was conducted in the same manner as the first one. It was not finished until 3 o'clock in the morning. Invitations to seven banquets in honor of the proclamation of the Crown Prince were issued late last month from the Imperial Palace, Tokio, the first to take place on November 27 and the last on December 4. All the dignitaries of the realm were invited according to grade.—East and West News.

Tagging the Birds.

At a recent meeting of the American Ornithologists' Union it was said that 15,000 birds had been tagged and tagged with metal markers. These birds represented 275 species. Only 225 of the birds thus tagged have been caught a second time, but the ornithologists consider the experiment of great value in determining the routes of migration and other matters relating to bird life.

Efficiency Wanted.

Greater efficiency is the greatest problem of the lumber trade. Only one-third of the cut reaches the ultimate consumer. Hallowell Council in session April 30th appointed Charles H. Saylor joint assessor with Elijah Mastin. Mr. Mastin is ill and cannot finish the assessment roll.

NOW ABOUT POTATOES

Grow Some and Keep Down the High Prices.

TOMATOES ALSO A GOOD LINE

But All Danger of Frosts Should Be Passed Before Tender Crops Are Put in the Ground.

Some of our vegetables are very tender and should not be planted until after all danger of frost is over. It must be remembered that because the soil is ready to receive the plants it is not absolutely necessary that the grower should set the plants out. Potatoes planted out between 24th May and even the first of June will give excellent results. Tomatoes may be set out after the 6th of June and good returns expected, as some seasons a severe frost destroys many tomato plants as late as June 6th. Vine crops such as cucumber and squash may be planted after all danger of frost is over.

POTATOES. Potatoes are one crop which may be planted on land which is considered to be in a very rough condition. Possibly there is no better crop to be planted on land which has been in a sod for a number of years. Medium-sized tubers of good quality should be secured and they should be cut so that there are at least two eyes in each piece or set. It is a good plan in a small garden to have the soil prepared fairly well, then cut the seed and commence planting. Furrows may be made with the hoe about six inches deep and two feet apart. The sets may be placed twelve inches apart in the bottom of the furrow and should be covered with two inches of soil. This will save the young plant more or less in a trench. As the plants grow the soil will be gradually dragged up and the trench will be filled. It will be necessary to cultivate the soil between the rows so as to keep down weeds, and at the same time soil should be gradually drawn up to the tops in sufficient quantities so that the growing roots will not be exposed to the sunlight, which will cause them to turn green and be of inferior quality. If an early variety has been planted and a vigorous growth has resulted it is possible that some may be fit to dig in August. By removing some of the soil from around a hill with the hand one can tell whether they are fit to dig. If the potatoes are grown for winter use they do not need to be dug until quite late in the fall. The tops will die down at the first frost, but it is not absolutely necessary that they be dug immediately. They should, however, be dug before there is any severe frost.

TOMATOES. The tomato is one of the most popular vegetables either fresh or in a preserved condition. It may be grown quite easily in the backyard. The better practice with tomatoes is to purchase the plants ready for transplanting rather than attempting to grow these plants if one has not had experience in handling a hot-bed. Plants having a large root system are best, and the size of any case should at least be the size of a lead pencil. The soil should be thoroughly prepared before planting time, possibly a crop of lettuce or radish may be taken from the same, but it is always advisable to have plenty of manure incorporated in the soil. A shallow hole may be made with the common hoe to insert the roots in the tomato plant. These roots should be prepared rather watered so that the soil will cling close to the roots when they are set out in the garden. The plant should be set fairly deep and the earth should be firmed around the roots. If the season is dry and hot, water may be poured around the plants in order to facilitate growth. These plants may be set two feet apart if they are to be trained on stakes and kept from covering a large space in the garden. These stakes should be preferably six feet long, two inches wide, and one inch thick. They may be driven into the soil a few days after the plant has been set out and the plants tied up to the stick with a piece of twine or cotton in such a manner that the tie will be directly under the leaf. As the plant develops in its front of each leaf a slender growth called a side shoot will appear. These must be removed by pressing them out with the thumb when very small. Four or five ties will be necessary to support the plant. As a result of the staking fruits of a superior quality will ripen earlier than those grown on the ground.

CELERY Celery may be grown in many garden soils if they have been heavily dressed with manure. For the backyard gardener it will be much better if the plants are secured ready for setting out about the 24th of May. All the plants should be set on the level from six to eight inches apart in the row and from two feet to thirty inches between the rows. It will be found necessary to water celery more than any other crop in the garden, and the soil between the rows should be stirred constantly. In the fall when the celery has reached sufficient height it will be found necessary to blanch it. Possibly the best method being to stand twelve inch boards against the rows of plants, holding them in position with stakes at each end. In from ten days to two weeks the celery plants will have grown considerably, and owing to the exclusion of the light will have become fairly well whitened, which improves the quality. The celery plants should be used as soon as possible after blanching. Other methods of blanching celery are the drawing of earth up around the plant gradually, commencing when the head of the plants are about four inches above the ground. Brown paper is sometimes tied around each individual head.

Prince Edward

PICTON. May 3.—A concert is to be held in the village hall at Milford on Thursday night, when a quilt will be disposed of for the benefit of the Red Cross. W. Crimmon was out on Monday with his new car. Mrs. Edwina McEwen spent Wednesday afternoon in town. H. English still continues poorly. Stanley Wey lost a valuable cow a few days ago. Marcus Spafford is painting. P. McCrimmon's house and other buildings. Robert Adams and Miss Vera Huff were town visitors on Thursday. S. Head was a caller at Maple Dell's farm on Wednesday evening.

A Big Corporation.

New York, May 7.—Formation of a \$50,000,000 corporation by the United States Shipping Board, which may be expanded to a \$225,000,000 concern with governments funds, to build a fleet of wooden cargo ships to transport supplies to the Allied Governments has been followed by an exceptionally active demand for wooden working machinery in all sections of the country, and from now forward manufacturers on such machinery anticipate an increasing demand.

B. B. Richardson, E.S.A.

B. B. Richardson, E.S.A., a graduate of McDonald Agricultural College, near Montreal, a Nova Scotian originally, has come to Renfrew to take charge of M. J. O'Brien's various farm properties. Thomas F. Barnet, Renfrew, has been advanced from captain's rank to the rank of major and commissioned to raise in this district a Forestry draft, with headquarters in Renfrew.

W. J. Sutton has sold his fine 100-acre farm in Stafford township for \$18,000, a big figure for a farm of that area.

Guest & Fishenden is the name of a new business firm in Renfrew, consisting of Percy Guest and Thomas Fishenden, young men well and favorably known here. They have purchased the tinmithing and hardware establishment of H. N. Moss, who has arrived at the time of life when feeling disposed to ease up a bit. Do not mistake every yellow streak for a golden opportunity.

CAT'S PAW CUSHION RUBBER HEELS

All sizes. Tan or black for men, women and children. 50¢ A PAIR PUT ON



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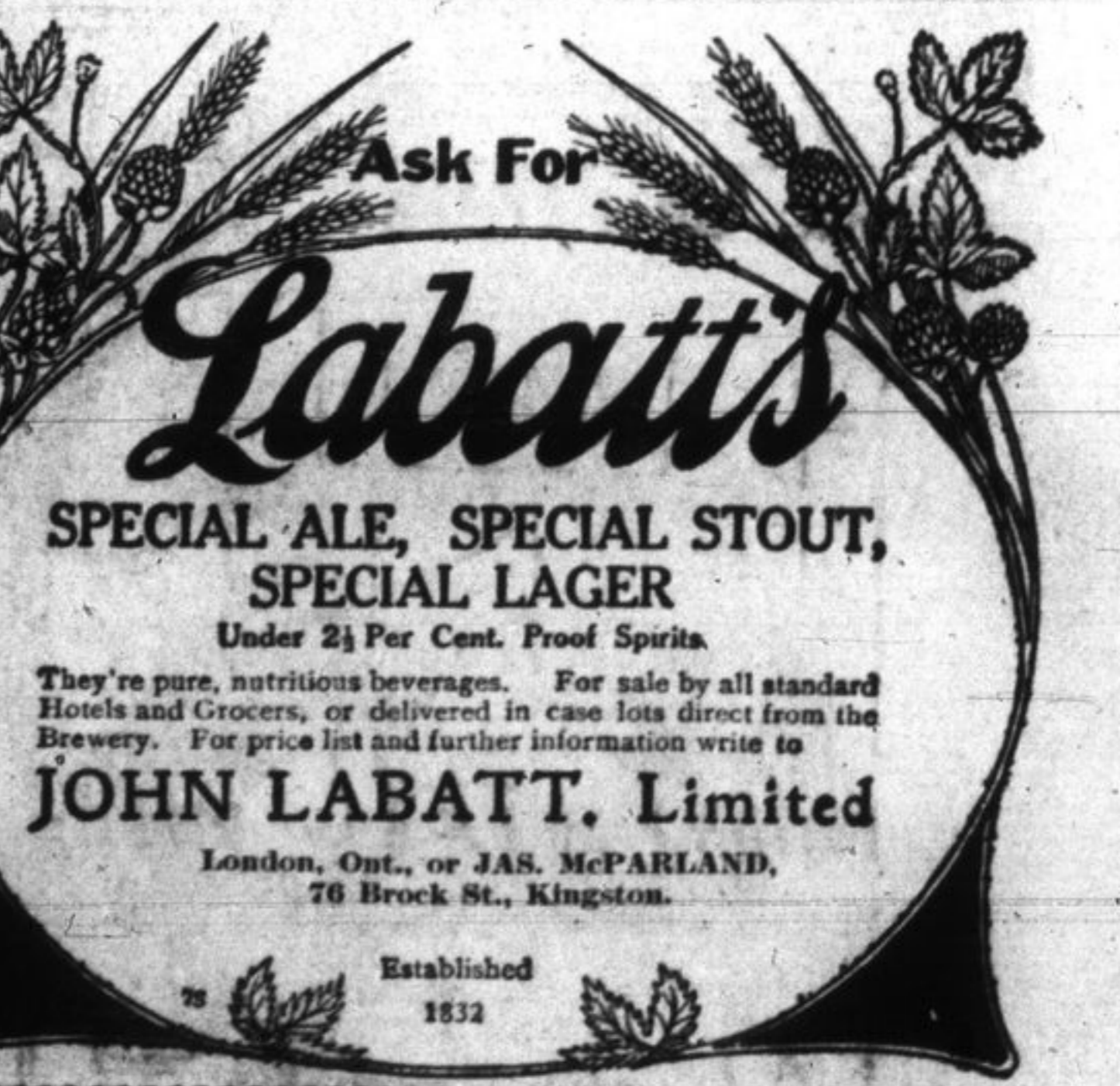
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What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. 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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