

# CAT'S PAW

## CUSHION

# RUBBER HEELS



These wonderful shock absorbers give you great comfort when walking.

50¢ A PAIR PUT ON

Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Dr. J. C. Ayer* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## 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.

GENUINE CASTORIA ALWAYS

Bears the Signature of

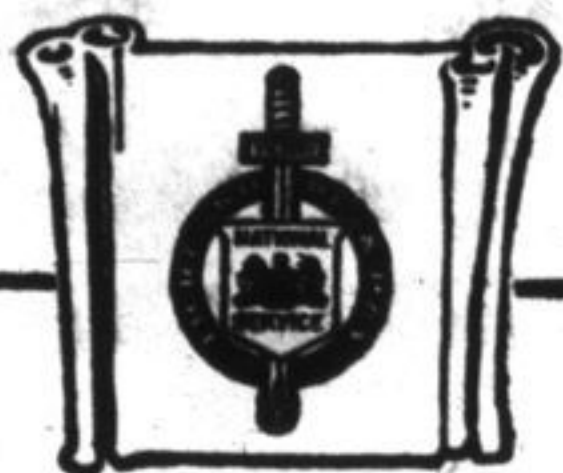
*Dr. J. C. Ayer*

In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

## Save the Food and Serve the Empire!

The Average Canadian Family Wastes Enough to Feed a Soldier



"The Kitchen must help as well as the Workshop and the Trenches"  
Lloyd George.



**I**NTELLIGENT economy in the kitchen can do much to prevent the threatened world famine—can counteract the effect of high prices—and can replace growing debt with systematic saving.

Careful investigations show that before the war the average British family wasted 25% of their food—and we Canadians were even more extravagant.

This waste is not in a few big things, but in many little ones, each, we used to think, too small to bother about—such as careless peeling of vegetables and fruit—failure to make good use of dripping and "left-overs"—and such others as will occur to every thrifty housekeeper.

For the Empire's sake as well as your own, hunt up and cut out these leaks! You'll be helping to relieve the food shortage—saving your own money—and putting yourself in a position to buy Canadian War Savings Certificates and help win the war.

War Savings Certificates are issued in denominations of \$25, \$50 and \$100, to be repaid in three years at full face value. They cost \$21.50, \$43 and \$86 respectively, at all Money Order Post-Offices and Banks, thus yielding over 5% interest. Should you need it, you can get your money back at any time.

The National Service Board of Canada,  
OTTAWA.

## FROM THE COUNTRYSIDE

### Frontenac

#### KEELERVILLE.

May 31.—A great improvement is being made on the roads here. Reeve McFadden has a number of men and teams engaged on them. Miss Anna Caird of Kingston, is home visiting her parents. Mrs. E. Andrews and Miss Jennie Clark were visiting friends at Lyndhurst on Tuesday. Mr. and Mrs. Donald Sleeth and family of Cedar Lake spent Sunday at David Sleeth's. Miss Mildred Yateman of Inverary visited her parents here on Sunday. Mr. and Mrs. William Dixon and Master Willie visited at William Sleeth's, Round Lake. Mr. and Mrs. J. E. Anglin and Miss Mildred were at Robert Anglin's Kingston Mills, on Sunday. Mrs. Charles Clark spent a day recently with Mrs. R. J. Stanley, Mount Chesney.

#### INVERARY.

May 31.—On Sunday night a spirited horse belonging to Wilton Allison became frightened while standing at the Holiness Movement church and ran away. It was captured at the village, but not before it had nearly demolished the buggy. On the same night, Preston Gibson's horse ran away, but was caught before it had injured the buggy. Miss Hazel Joyner, Sydenham, has returned home after spending a week with her sister, Mrs. Warner. Born to Mr. and Mrs. James Smith, at the residence of W. D. Bartell, a son. The Women's Institute held their annual business meeting at the home of Mrs. Ira Darling on Tuesday. Mrs. Bartell has returned to her home from Kingston, accompanied by her sister, Mrs. Benn. Miss Bessie Wilson, Kingston, is spending her holidays with Miss Martha Hughson at their cottage on Loughboro' Lake. Miss Grace McKnight spent the week-end at her home in Godfrey. There was no service in the Methodist church on Sunday, owing to the absence of the minister, who is attending conference. Elwood Gerald has taken a position in the Locomotive Works, Kingston. Mrs. Sheldon Perry is able to be out again.

#### MOUNTAIN GROVE.

May 31.—Rev. G. Richmond, Marlbank, renewed acquaintance here last week, filling the pulpit on the 20th inst. Miss Gladys Clark, after spending some time with her brother, has gone to Toronto, where she has secured a position. Mrs. D. Youmans was called to the death-bed of her mother, Mrs. Carr, Verona, last week. Pte. William Bell, of the Highlanders Medical Corps, spent a few days at home, this being his last leave as he expects to go overseas soon. Sergt. Frederick Godfrey, Toronto, was also at home over Sunday. The auctioneer's sale of late George Mills' effects was held yesterday. Pte. George Beverley of the 146th, wounded some time ago, has reached Canada, and is expected home any day. The Women's Institute packed papers, rags, etc., at D. J. Cronk's Thursday, but on account of the railroad strike was unable to

ship. Dr. and Mrs. Howard and little daughter, Kingston, visited her parents, Mr. and Mrs. A. McDonald, and other friends here recently. Stewart Mills, Kingston, is at home. Hugh Thompson, Harrowsmith, was a week-end guest of his parents, Mr. and Mrs. A. W. Thompson. Mrs. W. H. Gowdy and Earl Youmans have returned after attending the funeral of their grandmother, the late Mrs. Carr, Verona. Alexander Parker has received word that his son, Clare, at the front, is wounded. Mrs. Bell is with her daughter, whose children are very ill at Smith's Falls. Mrs. T. H. Abbott is with her daughter, Mrs. J. A. Coulter. Mrs. Damon and Mrs. H. Hartwick returned on Saturday from the Kingston General Hospital. A number from here attended church at Arden Sunday evening.

### Lennox and Addington

#### BATH.

May 31.—Mrs. E. Walsh and Miss Walsh, of Kingston, are visiting at D. H. Robinson's, David Day, of Toronto has been calling on old friends here after an absence of over fifteen years. Quite a number from the village attended the Sunday school convention at Parrott's Bay on Tuesday of this week. William H. Hall has been appointed agent for Deering & McCormick for this district, a number from here went to Deseronto on Sunday to visit the aviation camp.

#### TAMWORTH.

May 30.—J. A. Hunter was one of the lucky prize winners at the motor show at Napanee on Tuesday last, winning a gold watch worth \$35. Mr. Smith, William, William Jamison and D. B. Floyd motored to Parham to attend the I.O.O.F. initiation this week. The managers of the new knitting factory have nearly 100 girls to start the factory. Patrick Whalen has moved on his farm. The old Wheeler House is being renovated as a home for a number of years. A number of Tamworth people attended the motor show in Napanee on Tuesday last. Rev. Mr. and Mrs. Roark, Mrs. Aylesworth and Mrs. Floyd are attending the Sunday school convention at Enterprise.

### USE NATIONAL PUBLICITY

NATION-WIDE ADVERTISING FOR "NATIONAL SERVICE."

A Practical "Win-the-War" Campaign of Publicity With a Message For Every Canadian.

Ottawa, May 31.—Never has the power of national publicity been so convincingly demonstrated as in the great British advertising campaign, first for recruits, then for supplementary supplies and equipment, and later for Thrift and the purchase of War Savings Certificates. Along the latter lines, and the allied one of production, the National Service Board of Canada announce the beginning of a series of advertisements which should have earned consideration of every loyal citizen of the Dominion. To produce more—to waste less, particularly of food—to eliminate extravagance of every kind—to save intelligently and systematically—and to lend the savings to the nation through the purchase of War Savings Certificates—these are the keynotes of these calls to service. There is nothing academic about them, nothing overdrawn or melodramatic. They are plain, straightforward, intensely practical, and in deadly earnest, explaining why and particularly how, everyone should help instead of perhaps unconsciously hindering.

The need for such a rousing campaign is only too evident, particularly to men who have recently been overseas and had an opportunity to compare the willing service and sacrifice so general in Great Britain and France with the detached, almost apathetic attitude of so many Canadians. Though the war has been going on almost three years, and though our gallant overseas contingents have won undying fame for Canada, most of us here at home have hardly yet wakened up to the real nature of the struggle in which we are engaged, and the necessity that we too, "do our bit" in whatever way lies open to us.

It is just this detached attitude which has prevented Canada's whole weight being felt behind our divisions in France. From it the National Service Board hopes to arouse the nation, using straight-from-the-shoulder advertising as a potent means to the desired end.

#### A SILVER JUBILEE.

Grafton Parish Priest Honored by Clergy.

Cobourg, June 2.—Twenty-five years ago Rev. J. E. Scanlon was invested with the exalted dignity of the priesthood in Quebec and yesterday at Grafton, a village near here, where he has been parish priest for sixteen years, his silver jubilee was fittingly celebrated, his Lordship Bishop O'Brien and the clergy of the diocese of Peterboro being present with a large congregation to do him honor. Rev. Monsignor Murray, V.G., Cobourg, presented the address and purse from the clergy of the diocese of Peterboro, and Mr. R. Lawless and Mr. J. D. Craig presented an address and handsome purse on behalf of St. Mary's congregation. Rev. Father Scanlon made a fitting reply, and Bishop O'Brien made a brief address of congratulation and good counsel.

It is announced that Hon. I. B. Lucas, Attorney-General for Ontario, has appointed John G. Gausson, K.C., to be local master at Hamilton.

## Silver Gloss Starch

For nearly 60 years, Edwardsburg "Silver Gloss" has been the standby.

Guaranteed not to injure the finest fabric.

Manufactured by THE CANADA STARCH CO. LIMITED, MONTREAL.

FOR HOME LAUNDRY



A small section of a telephone switchboard, showing the advantage of a pause between the hundreds and the tens in calling a number.

## When the Operator Says "One Two-Six Three"

No doubt you have noticed the way the telephone operator repeats numbers. When, for example, you ask for "One Two Six Three," she repeats "One Two-Six Three," pausing just a fraction of a second between the hundreds and the tens.

There's a real reason for this practice:

The switchboard before which the telephone operator sits is honey-combed with tiny holes, each the termination of a subscriber's line. These holes are in sections of one hundred. To locate "1263," the operator first finds the section labelled "12" and then the "63" hole in that section.

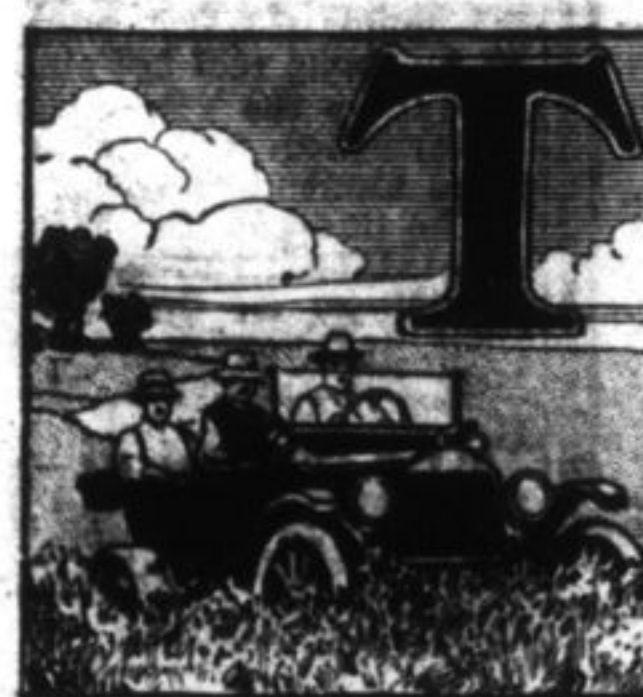
Careful tests have proved that this method of repeating numbers tends to prevent mistakes, and, as the operator more readily locates the required number on the switchboard, it helps to speed up your service.

You can help the operator in her efforts to give you quicker service by adopting this new style in calling telephone numbers.

The Bell Telephone Co. OF CANADA.



## A Car of Proven Quality



THE Ford car has been on the market twelve years, surely long enough to have proven its high quality. There is nothing experimental about it. Every part has stood the test of time and proven its stability with hard service. No other car has ever approached the durability records of the Ford.

No matter what price you pay for a car you cannot get one with a stancher chassis. Government Laboratory tests have shown that the different parts of the Ford car are superior to those in any other car. Ford Vanadium steel has never been equaled in strength.

If you want a car that can plow through deep mud, sand and gravel—that can cross fields, corduroy roads and ford streams—that can climb the steepest hills with ease—that will give the greatest mileage all year round with the least expense and care—then there is only ONE car for you—The Ford.

Touring - \$495  
Runabout - \$475  
F.O.B. Ford, Ont.  
**Ford**  
ANGROVE BROS.

Ford Dealers

Kingston, Ont.