Preserving

-Let us supply your wants-FRUIT JARS We have them at the old pricepints 75c doz., quarts, 85c doz., half gal, \$1.00 doz.

Fruit jar rings, 5c and 10c dozen. Sealing Wax, four cakes for 10c. We sell pure cane sugar only. Fresh Berries arriving daily. All kinds of green vegetables. New and old potatoes.

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FROM THE COUNTRYSIDE

Frontenac

SANGSTER

July 17 .- Mrs. P. Bradley, Brockville, at N. Murphy's. Mr. and Mrs. S. Hickey, Burridge, at James O'Connor's. Thomas and Miss Minnie Young at T. J. Babcock's, Miss Rosie Kelly at P. O'Connor's,

LOWER GLENDOWER July 17 .- The late rains have improved the crops greatly. James Coulter is having improvements Mrs. A. Burton, Braeside, returned made on his cheese factory. J. Babcock is somewhat better. Mr. and

Miss Marian Legacy is the guest of Miss Pearl Hickey, Burridge, KINGSTON MILLS. returned from the Kingston General ing a new school house at Marble | Sheep, receipts, 20,000; market choice syrup, 13-lb. tins, \$1.65 to Hospital much improved. Miss Ella Lake. Duncan MacGregor has re- meak; native wethers, \$7.60 to \$10.- \$1.75; choice syrup, 13-lb. tins,

of Mrs. Phyllis Walsh, Stuart

To Points in ALBERTA, MANITOBA, SASKAT-CHEWAN & BRITISH COLUMBIA. Via COCHRANE and "THE NATION. AL ROUTE" or CHICAGO, NORTH and Mrs. David Rintoul and family BAY, SARNIA OR TORONTO. Round trip tickets will be sold at

LOW FARES Going each TUESDAY from MAY STH to OCTOBER 30th, 1917. Return limit of two months, excluding date of sale. they have. Many from here took in \$10.25; ewes, \$5 to \$9.50; mixed drinking poison. Since the death of the two months, on Homeseckers ties the 12th of July celebration at King- sheep, \$9.50 to \$10. ing two mouths, on Homeseekers' tiekets sold in May, June, and July only, Ston. Dr. David Robb is here visit-Montreal and Bristol

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pended upon to right conditions which cause head-ache, dizziness, languor, nausea and constipation. At

such times, nothing is so safe, so sure and speedy as

During the past sixty years, millions of women have found them most helpful in toning and strengthening the system, and for regulating the stomach, liver and bowels. These famous pills are entirely vegetable and contain no harmful or habit-forming drugs. Use them

with entire confidence for they cause no unpleasant after-effects, and

will not fail you

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SOLDER, LEAD PIPE

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ZINC SPELTER

Limited

PIG LEAD

Fraser Avenue

SHEET LEA

---ONCE A WEEK

health. Mr. and Mrs. R. J., Sproule and children spent Sunday at J. Mc-Kenzie's. Miss Mildred Moreau. who has been visiting her sister. home Monday. J. Burke spent Sunday at William Thomas', Hill View Mrs. A. Legary spent Sunday at F. Farm. Mrs. G. Sayers spent a few visited friends in Burridge recently. Mississippi, last week. MYER'S CAVE.

J. Walsh and F. Edwards

spent the week-end at Kingston

Mills and made a good catch of

fish. The power plant is running

short hours owing to shortage of

WILBUR STATION.

meeting here on Saturday evening.

William Thomas, who has been in

the Kingston General Hospital for

the past three months , returned

home Wednesday much improved in

July 16-J. A. Powell held prayer

July 16 .- Miss. Ethel Clark has on July 12th. Frank Neal is build- \$14.80 to \$15.75. Clark has returned home after turned to Ottawa after spending the 80; lambs, native, \$9.50 to \$15.40. \$1.50 to \$1.60; good syrup, 13-lb. spending the past week the guest last two weeks with his parents here. Oscar and Sandy Perry have returned home from Cobalt, where East Buffalo, July 17 .- Cattle- sugar, per lb., 13c to 15c. Beans they have spent the last few months. Receipts, 4,200; active and steady; firm. Can. 5-lb. pickers, \$9.25 to Mrs. T. Whiteman and family spent prime steers, \$13.25 to \$13.75; ship- \$9.50; Rangoon beans, \$8.75 to \$9; Mrs. J. Curtis. The Misses Mallie and Maude MacGregor are visiting heifers, \$8 to \$11.25; cows, \$5 to their brothers in Peterboro. Hamilton and sister, Hazel, S. Grey and sister, Lucy, A. Watkins and sister, Ardoch, were recent visitors at Hill Crest., Alex. Delyea is renewing old friendships around here after an absence of twelve years. H. and Miss Florence Bening were Sunday visitors at Lake View. Mr.

KEELERVILLE

spent Sunday at C. MacGregor's.

July 16 .- Farmers have comwest to-day in company with her uncles, Thomas and Daniel Moore, who reside near Saskatoon. Mrs. Dobb's of Lyndhurst spent last week at Eddy Andrew's. 'Miss Mamie Sleeth spent a few days at Kingston last week. John Stafford and his sister, Miss Bernice of Seeley's Bay, spent Sunday at J. E. Anglin's. Charles Caird of Seeley's Bay spent Sunday at Erwin Caird's. Frank McLeroy motored to Kingston on Saturday, Hearty congratulations to Clifford Robb on passing his entrance examinations, and to the teacher Miss Winnifred Thompson for the splendid results the pupils made in their promotion examinations also. Toronto, prompt shipments. Misses Vera and Crona Wakeford of

PHILIPSVIIAE edo, is visiting his sister, Mrs. John yellow, \$1.94 to \$1.95; No. 4 yellow, Doway, for a few days the past week. nominal. Oats-No. 3 white, 74 % Mrs. John Flynn, formerly of Toledo, to 75%c; standard, nominal. Rye Ont., but now of Buffalo, N.Y., is nominal. Barley, \$1.25 to \$1.60. spending a few weeks with her sis- Timothy, \$4.00 to \$7.50. ter Mrs. Edward Downey. So far \$12.00 to \$17,00. this section has not had too much rain; just enough to help the late grain and planting to push its way | Minneapolis, July 17 .- Wheatto maturity. A tremendous growth in almost everything. A heavy yield of hay is promised. It is reported that early potatoes are not very plentiful in the hill, there is a very heavy growth of tops on the later planted. Owing to the army fly the cows are falling off in their milk. Bishop Spratt, Kingston, held mass in the

inations while on this charge.

POOLE'S RESORT. Escott, has been visiting Miss Iris Weeks. Rev. Hilliard Jones, Lake Superior, was guest of his sister, Mrs., William Poole, last week, Misses Steele and Blaine, Toronto, were week-end guests at the home of Mr. and Mrs. Robert Steele. Born \$12.50, Hay dull; No. 1, \$1.10 to on July 3rd to Mr. and Mrs. Robert Steele. Born \$12.50, Hay dull; No. 1, \$1.10 to on July 3rd to Mr. and Mrs. Buell \$1.15; No. 2, \$1.00 to \$1.05; No. 3. Dickey, a daughter. Miss Edna Poole 85c to 95c; shipping, 75c to 80c. is home after a visit with her broth- Hops quiet; state, medium to choice, er, Burtis at Montreal. Miss Edna 1916, 30c to 35c; 1915, 6c to 8c. Wilcox arrived home on Monday last Pacific Coast, 9c to 13c; 1915, 7c to from Brockville General Hospital, 8c. where she has been a patient for six weeks. Miss Louie Acton, Brockweeks. Miss Louie Acton, Brockville, spent the week-end, guest of
Mr. and Mrs. Walter Williams.
William Ford Davis, visited at B. E.
Poole's, Caintown, last Sunday.
Crops are looking splendid. Everything points to a bountiful harvest.
Sunday visitors: C. O. Guild and
daughter, Mary, Mallorytown, at
Buell Dickey's; Mr. and Mrs. David
Waltron, Escott, at Delmer WilWaltron, Escott, at Delmer Wil-

do, medium, \$7.00 to \$7.50; butcher bulls, choice, \$9.25 to \$9.75; do. good, \$7.00 to \$7.25; do. medium. \$6:00 to\$6.50; feeders, 900 to 1,000 | Torontc. July 17.—Butter, choice, 1bs., \$7:75 to \$8.50; stockers, 700 to dairy, 38c to 40c; Eggs, new-laid,

800 lbs., \$7.00 to \$7.75; do., med., | dozen, 38c to 40c; Cheese, lb., 30c; 550 to 750 lbs., \$7.00 to \$7.25; do. do., fancy. lb., 35c; Turkeys. lb., light, 600 to 650 lbs., \$5.50 to 30c to 32c; Fowl, lb., 25c to 28c; \$8.75; canners, \$5.00 to \$6.25; cut-Spring chickens, 40c to 45c; Rhu-\$5.50 to \$5.25; sheep, light, barb, 3 bunches, 10c; Oranges, dozen, \$8.75 to \$9.50; do. neavy; \$6.75 to | 40c to 50c; Gooseberries; bkt., 35c to \$8.00; calves, \$8.00 to \$15.00; \$1.25 Peaches, dozen, 20c; Plums, spring lambs, cwt, \$15 to \$16; bkt. 50c to 65c; Cherries, bkt. 50c yearlings, \$11 to \$12; hogs, fed and to 65c; Watermelons, each, 75c to watered, \$16.25; do. weighed off 90c; Grape fruit, dozen, 50c to \$1.00; cars. \$16.50; do. f.o.b., \$15.50. Pineapples, each, 15c to 25c; Lemons, dozen, 30c to 40c; Strawberries,

box, 13c to 15c; Asparagus, Can.

bkt., 40c; Do. 11-qt., bkt, 65c; Po-

tatoes, per bag, old, 2.00; do., new,

Montreal, July 17 .- Butter -- Fin-

product shows no change. Extra

tins, \$1.35 to \$1.45; lower grades,

12-lb. tins, \$1.25 to \$1.30; maple

yellow-eye beans, \$8 to \$8.25; Japan

beans; \$7.50 to \$7.75. Lard active

and strong In a wholesale jobbing

way,21 1/2c to 21c for shortening,

and 2 c to 25 1/2 c for pure lard, both

in wood pails of 20 lb., and 21 1/2 c

for shortening, and 25c for pure

lard in tierce. Eggs firmer and

prices higher. Strictly new-laid

eggs, 42c; selected stock, 40c; No.

1, candled stock, 37c; No: 2 candled

stock, 32c to 34c. This year's re-

· At Watertown, N.Y., on July 15th,

his wife he had been given to melan-

choly. He is the third person to od-

complish self-destruction here within

period a year ago.

bag, \$4.50; do., new, peck, 80c; do.,

Montreal, July 17 .- Choice steers, bunch, 7c to 8c; Beans, new, small \$10.50 to \$11.25; good, \$10 to measure, 20c; Beets, new, 3 bunch \$10.50; medium, \$8.75 to \$9.50; loc; Cucumbers, each 5c to 20c; choice bulls, \$9.25 to 9.75; good, Cauliflower, Can., each, 15c to 20c; 8.50 to \$9; medium, \$7.50 to \$8; Carrots, new, bundle; 5c to 10c; Celchoice cows, \$8.75 to \$9.25; good, ery, per bunch, 10c to 12c; Cabbages \$8 to \$8.50; medium, 8 to 8; sheep, each 10c to 20c; Lettuce, dozen \$8 to \$9; spring lambs, \$7.50 to bunnes, 20c to 30c; do head, dozen \$9; calves, choice, \$10 to 11; good, 50c; Onions, bundle, 10c; Do. small \$8 to \$9; hogs, very choice selects, bkt., 50c to 65c; Do., Bermuda, box, 16.50; good selects, \$16 to \$16.25; \$2.00 to \$2.25; Peas, Can, 6-qt. sows, \$14 to \$14.50.

Chicago, July 17.—Cattle receipts, small measure, 20c; Turnips, new 21,000; market weak; beeves, \$8.25 bunch, 5c; 10c; Tomatoes, lb., 15c; to \$13.90; stockers and feeders, \$6.- Do., bkt., 50c. 20 to \$9.10; cows and heifers, \$.850 Howes, Godfrey. Miss Anna Hickey days with her father, A. McDougall, to \$11.80; calves, \$7.50 to \$14.50. Hogs, receipts, 39,000; market slow; light, \$14.45 to \$15.65; mixed, est creamery, 36c to 36 1/2c; fine \$14.45 to \$15.80; theavy, \$14.25 to creamery, 35c to 35 1/2c; finest dairy, July 14.—A number from here \$15.85; rough, \$14.25 to \$14.45; 30 1/2 to 31 1/2 c; fine dairy. 29c to attended the celebration in Arden pigs, \$11.25 to \$14.40; bulk of sales, 29c; lower grades, 27c to 28c. Maple

ping steers, \$11 to \$13; butchers, \$9 to \$12.25; yearlings, \$11 to \$13.25; \$9.75; bulls, \$6 to \$9.50; stockers and feeders, \$6.50 to \$8.25; fresh cows and springers, \$50 to \$125. Veals-Receipts, 1,400; active and

steady: \$6 to \$17.75. Hogs-Receipts, 8,800; heavy \$15.90 to \$16; mixed, \$15.85 to \$15.-90; Yorkers, \$15.75 to \$15.90; light Yorkers, \$15 to \$15.25; pigs, \$15; celpts to date are 55,123 cases beroughs, \$13.85 to \$14; stags, \$12 to low those for the corresponding \$12.75.

Sheep and lambs-Receipts. 000; slow; tambs, \$10 to \$16; yearmenced having and a splendid crop lings, \$9 to \$13.50; wethers, \$10 to William Nevilla ended his life by

GRAIN QUOTATIONS.

Toronto, July 17.-Manitoba wheat-No. 1 Northern, lake ports,

\$2.56 1/2; nominal; No. 2 northern. \$2.51 1/2. Manitoba oats-No. 2, 81 1/2 c, rack, bay ports. American Corn-\$1.99; nominal rack, Toronto.

Ontario wheat-No. 2 winter, per case lots, \$2.35 to \$2.40; No. 2 winter, \$2.33 to \$2.38, according to reight outside. Rye-No. 2, \$2.05.

Manitoba flour-First patents, in jute bags, \$12.40; second patents, \$11.90; strong bakers, \$11.50. Ontario flour-Winter, according to sample, \$10.45 to \$10.66, track, Mill feed-Car lots, delivered Hamilton were the guests of Misses Montreal, shorts, \$38 to \$39; bran, Mildred and Pauline Anglin on Mon- \$34; feed flour, per bag, \$28.0 to day.

Hay—Baled, track, Toronto, car lots, No. 2, \$12 to \$12.50; mixed, \$9 to \$11; straw, \$9.

Chicago, July 17.-Wheat-No. 2 red, No. 3 red and No. 2 hard, nominal; No. 3 hard, \$2.35. Corn-No. July 16 .- Mrs. Michael Judge, Tol- 3 yellow, \$1.94 1/2 to \$1.95; No. 3

church here on Sunday morning. He was given the glad hand by many of his old parisheners. Father Spratt No. 2 Northern, \$2.46. Linseed, had many friends amongst all denom- \$3.08; July \$3.08; September, \$3.11; October, \$3.0314.

July 13.-Miss Frances Mallory, New York, July 17.-Flour firm

Wakiron, Escott, at Delmer Williams'; Mr. and Mrs. Steve Andress, Wellesley's Island, at Walter Williams.' A party from Brockville motored up to spend the day with Mr. and Mrs. Robert Christie, To \$49. Hay—No. 2, per ton, car to \$49. Hay-No. 2, per ton, car lots, \$11 to \$11.50.

> Winnipeg, July 17.-Wheat, No. l northern. \$2.40; No. 2 northern, \$2.37; No. 3 northern, \$2.34; No. 4,

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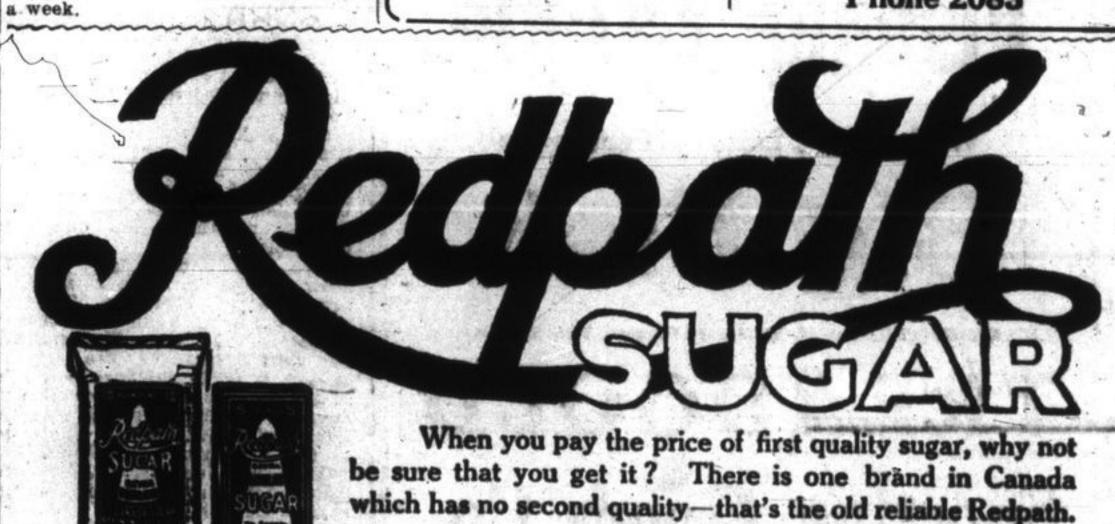
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Sir Thomas White, Minister of Finance. THE well-to-do woman who sits at her phone and orders provisions lavishly, regardless of price, is abusing the power of money as a bully abuses brute strength

No longer can we help ourselves as we see fit from an unlimited food upply—we are either limiting our buying to our own real needs or "hogging"

Extravagant buying by those who can afford it, with waste in some kitchens, and excess at some tables, will inevitably bring still greater hardships to those who cannot afford the prices, and hunger to those who must live on less.

Buy for your household as carefully and economically as your husband buys for his factory, store or office. Study food values as well as prices make it a point to know just what you are getting—eliminate waste—and you'll find that you can feed your family well on far less than you spend now.

Invest the saving in Canadian War Savings Certificates and you will be doubling your service to the nation. War Savings Certificates are issued in denominations of \$25, \$50 and \$100, to be repaid in three years at full face value. They con \$21.50, \$43 and \$86 respectively, at all Money Order Post Offices and Banks, thus yielding over 5% Interest.

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Toronto.**

Toronto.**

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**July \$2.40; August, \$2.35. Oats — No. 2 C.W., 74e; No. 3 C.W., 73½c; extra No. 1 feed, 73 1-4c; No. 1 feed, 72e; No. 2 feed, 69 3-4c, \$10.50; do. common. \$9.25 to \$10.50; do. common. \$9.25 to \$9.50; heifers, good to choice, \$8.50 to \$9.00; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$7.00 to \$7.50; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$8.50; do. medium, \$8.75 to \$9; butcher cows, choice, \$8.00 to \$9.00; do. medium, \$8.75 to \$9; butcher

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