From The Countryside

Frontenac

SANGSTER

Sept. 5.-Born to Mr. and Mrs T. Babcock a daughter, on Aug. 23rd. Thomas Barrett bought a number of sheep and lambs from T. Coalter, Hinchenbrooke, Joseph Turner, Syracuse, N.Y., was a visitor at T. Barrett's recently. James Leeman, Bedford Mills, at James Murphy's, Mrs. T. Barrett, J. Turner and J. Hickey at T. Young's. Miss Minnie and Lena Young at Mrs. J. O'Connor's, F. Johnston, Kingston, at N. Murphy's. T. Young and J. Goodharte spent Saturday in the Limestone city.

LAKE OPINICON.

Sept. 4.-The weather continues very cold with plenty of rain School has reopened with Miss Jackson of Vennachar as teacher. Born to Mr. and Mrs. O. Cumpson, a daugh-Mrs. C. Tolson is gaining slowly. P. Nolan, cheese inspector, visited the factory on Monday. D. J. Hughson is able to be out again after a severe illness. Visitors: Mr. and Mrs. H. Sharp, Odessa, at A. N. Sharp's; W. Darling, Sydenham, at K. Darling's. Mr. and Mrs. Hibbard. Kingston, spent the week-end at A. Teeple's. Mr. and Mrs. J. Linklater visited at R. Lyon's on Sunday. Mr. and Mrs. C. R. Ennis made a trip to Westport yesterday.

ECHO LAKE.

Sept. 4.-The men are busy cut ting marsh hay. Lorenzo Switzer me with quite a loss yesterday morning when his team got frightened up at the cheese factory and ran away, upsetting the milk cans and spilling nearly all the milk. Mrs. John Cronk and little daughter, Mildred spent a few days with relatives in Enterprise. Mrs. William Tacy, Watertown, N.Y., is visiting relatives here. Mrs. Frank Topah and sons, William, John and Thomas, spent a few days at her brother's, John Cronk. Miss Ella McCleod has gone to Toronto to the Exhibition. A few of the lads from here went to Deseronto to see the airplanes fly.

JOYCEVILLE Sept. 5 .- The school teacher, Miss McQuitty, has returned to resume her duty. Many are looking forward for the rural school fair which will be held here Sept. 18th. Miss Mary Keyes was removed to the Hotel Dieu, Kingston, and underwent an operation for appendicitis. She is improving. The sale at R. Shortell's on Tuesday last was largely attended. Mrs. L. Woods and children have returned home after spending a few days with friends in the city. Mr. and Mrs. L. J. Joyce and daughter, Cora, Kingston, visited with friends here. Mrs. D. Mc-Carey is spending a few weeks the guest of her daughters in Toronto. A number from here intend taking in the Ogdensburg fair.

ARDEN

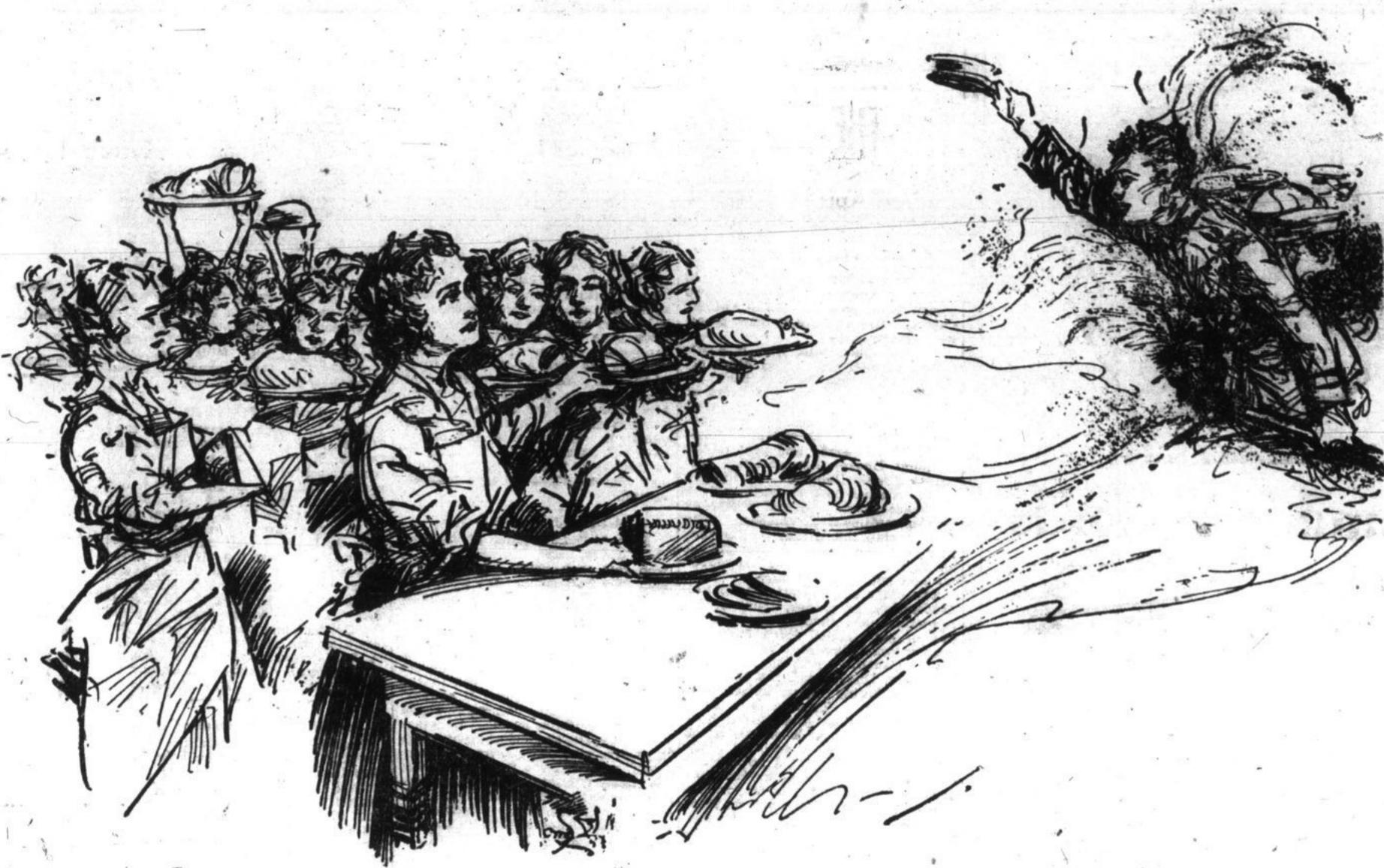
Sept. 4.—The past week has been ideal weather for harvesting and the farmers speaks of a good yield. School has opened with Miss Jeffrey as teacher. H. Green was taken to the General Hospital to undergo an operation. Mr. and Mrs. Snider, also Mr. and Mrs. Detlor have gone west. Miss Agnes Meagher has returned to Toronto, after spending her holidays with J. Glendron. Miss Ethel Hughes has gone to Toronto, after spending her holidays at her home. Dr. Lockridge is at the Pringle House. Miss Muriel Detlor, Kingston, is spending a few days at her home here. Mrs. Hayward, Brantford, is at her sister's, Mrs. L. Gendron, The Green boys, Peterboro, are visiting at their home. Miss Hazel Green has accepted North Brook school, Corn roasts are being enjoyed by the young peo-

KEELERVILLE.

Sept. 5.-Farmers are finishing their harvesting during this fine weather. School reopened to-day, with Miss Annie Glenn, of Stella, as teacher. Miss Mildred Anglin, left Monday, to take up her duties as teacher at Burridge, Pauline Ang-lin and Clifford Robb left Monday for Sydenham High School. Bertha Sleeth left to attend the Collegiate Institute, Kingston, Monday, Charles Clark and family motored to Pittsburg and spent Labor day among friends. Mrs. George Huntback is visiting in Kingston. J. E. Anglin and Misses Mildred and Pauline Anglin atended Toronto Exhibition last week. Miss Susie Sleeth and Master Willie Sleeth are visiting in Kingston. Mr. and Mrs. Ross Townsen, of Kingston, spent a few days at John Robb's recently. John Sleeth is operating a threshing machine at Sunbury. Many from here attended the harvest dinner and garden party at Battersea last Thursday, and were delighted with the programme given in the afternoon. Inverary Fair will be the next big event.

CLARENDON

Sept. 6,-Miss M. Campbell has returned from visiting friends in Glenvale and Kingston. Mrs. Arthur White and baby have returned from Kingston. Mrs. George Dustin is ill in Kingston where she went on account of the illness of a sister. School has opened with Miss Agnes



Vision Your Sons, Mothers of Canada!

Vision them at early morning when through rising mists, there bursts a hurricane of fire---See your valiant boys --- calm, grim, but cheerful --- "stand-to-arms" until the Hun's "morning hate" dies away.

Picture them at breakfast, the meal that must bring them the bodily sustenance to carry them through the strain of another day.

Then think of what might happen if, one morning, there was no breakfast---no food to be had, and the word went down the lines that Canada had failed them.

Vision all these things, and then—As Women of Canada-Mothers of Men-Answer this Call to Service.

Canada must send to Her Own, and to the Allies Fighting Forces, more wheat, more beef, more bacon, and more of such other foods as are non perishable and easily exported.

Canada can do this, without depriving her own population of a fair share of any of these foods if You Women will but help.

All we ask of you is, that instead of buying so much white flour (if you do your own baking) you vary your baking by using onethird oatmeal, corn, barley or rye flour. Or, if you buy your bread, that you order a certain proportion of brown bread each day.

Second, instead of using as much beef and bacon as formerly, you vary your family's diet, by substituting for beef and bacon such equally nutritious foods as fish, peas, lentils, potatoes, nuts, bananas, etc.

Third, and this is most important -positively prevent the waste of a single ounce of food in your house-

They Must Be Fed

Statistics show that, everyday, in Canada, sufficient food is thrown into garbage cans, to feed the entire Canadian Overseas Army.

Travellers have often remarked that many a European family would live well upon the quantity and quality of food wasted in some Canadian homes.

Such waste is shameful at any time; but in these times it is criminal.

Our only hope is that with these truths before you, and in view of the vital issues at stake, we may count upon your earnest cooperation in stopping this appalling waste; and in substituting other foods for the wheat, beef and bacon that must be sent overseas.

Next week a Food Service Pledge and Window Card will be delivered to you. The Pledge is your Dedication to War Service. The Window Card your Emblem of Honour.

Woman's Auxiliary, Organization of Resources Committee, In Co-operation with The Hon. W. J. Hanna, Food Controller.

Sign the Food Service Pledge

School has opened with Miss Agnes Miss M, Hamil

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS as a free discussion of the discussion o

for testimodials free.

F. J. CHENEY & CO., Props, Toledo, O.

All. Druggists, 75c.

Hall's Family Pills for constipation.

Mrs. Moore of Perth called on friends here recently. Mr. Laroque is painting the members of Zion church held

made a flying visit here this week. sometimes has trouble in finding a difficult case on shares. Mrs. Ray Bachtel, Canton, Ohio, is people willing to hear him tell a Too many men find it more con-Sept. 6 .- The recent showers at her parents', H. Wartman's. Re- tenth part of his wisdom.

venient to owe than to pay.