

From The Countryside

Frontenac

FALL RIVER
Sept. 12.—The heavy frost has done much harm to corn and potatoes. People are all through with their harvest and have started fall ploughing and cutting wood.

MOUNTAIN GROVE.
Sept. 14.—The frost of last week did considerable damage to corn, etc. Silo filling has started. W. E. Barr and W. A. McKnight doing the work.

PLEASANT VALLEY.
Sept. 12.—A number of the residents are attending Ottawa Fair. Mr. and Mrs. Carman Ashley and party of friends, motored to Camp Mohawk on Sunday.



Comrades in Service!

In years to come you will recall with Pride the day you signed the Food Service Pledge.

For it is your Dedication to War Service. Your observance of it will cause you some of the Finer Emotions of Your Life.

You will gradually realize that though your own and your family's self-denial may be small—the mighty Legion of Canadian women pledged to equal service, will mean the difference between Victory and Disaster to our soldiers.

You cannot—you must not desert them. It is not that they want more white bread, beef, or bacon than you—it is just that these

foods are less perishable and so more easily exported than others.

So, until Victory is ours, do these simple things.

When making bread, use one-third oatmeal, corn, barley or rye flour, with the white flour. Or tell your baker to bring some brown bread each day.

Substitute for beef and bacon, such foods as fish, peas, lentils, potatoes, nuts, bananas, etc.

Third, and this is very important—prevent the waste of any food in your home.

Be a Comrade. Dedicate yourself and your family to War Service. Display the window card.

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

Practical Housekeeping Hints

THE USE OF FATS AS BUTTER SUBSTITUTES

The average Canadian housewife has no conception of the value of fats as food, and as a result much fat is wasted that should be used.

Fats are one of the principal sources of energy. We buy fat in the form of butter and spread it on our bread. We use lard as shortening in bread and pastry, and as a medium in which to fry other foods.

food even than lard, and yet, pound for pound, its energy value is as high as butter or lard or any other fat.

When we buy a beefsteak the butcher carefully trims off the fat and throws it into a box under the counter with bones and other waste which goes to the soapmaker. This fat has both a food value and a money value. It belongs to you, and you should have it. You can render it and use it in cooking.

The fine lumps of sweet beef fat or suet which adhere to the roast are used in roasting to give flavor, but most of the fat melts away and is not served at the table. Beef suet is occasionally used

in cooking, but rendered beef fat is rarely used as a table fat in this country, although in Europe it is often eaten on bread in the place of butter. Beef suet has a rather pronounced flavor and a comparatively high melting point. These are probably the reasons why it is not more commonly used as a table fat.

Sign and Live Up to the Food Service Pledge.

Leeds

MERRICKVILLE
Sept. 13.—The farmer's are done with harvesting, and threshing is the order of the day. A number from here attended the fair at Ottawa yesterday.

Lennox and Addington

BATH
Sept. 13.—School started last week with the following staff: Miss Morgan principal, and Miss Adams of Essex assistant of the continuation

school and Miss McLeod of Forest of the junior room and Miss McConnell of Toronto of the junior of the public school. In the list of tribunals held to the Military Service Act, both have been chosen as one of places appointed to hear exemptions in re-where sittings will be held. A number from the village went to Nap-tein Grove and the horse races. This locality was visited with heavy frosts for a few nights but no serious damage was done.

catarrh Cannot Be Cured
With LOCAL APPLICATIONS, as they cannot reach the seat of the disease, Catarrh is a local disease, strictly in-duced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts through the blood on the mucous sur-faces of the system. Hall's Catarrh Cure is composed of some of the best blood purifiers, with some of the best of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send for testimonials free. Send P. O. CHEENEY & CO., Props., Toledo, O. All Drugists, 75c. Hall's Family Pills for constipation.

the 3rd Special Service, Lindsay, was given at Wilson Wood's on Tues-day evening. Pte. W. E. Bell of the New Brunswick Kilties, Fredericton, N.B., has gone to his home at Moun-tain Grove. All are sorry to hear that Pte. Herbert Wood of Flinton, has been killed in action. Much sympathy is felt for the sorrowing mother, who has three other sons in uniform. Bert and Percy overseas and Ernest in Lindsay.

SELEBY.
Sept. 13.—A number from here attended the Toronto exhibition. Miss Curtis, of Lindsay, has charge of the school here. The council is having the road fixed on Albert street. Mrs. Cook and daughter are visiting her parents. Little Marger-ite Wood, who has been ill, is bet-ter. Mr. and Mrs. J. Rose and child-ter spent Sunday at Morven. Tues-day, Mrs. Williams and daugh-ter spent Sunday at Crofton. Visi-tors: Mr. and Mrs. Jaynes and child-ers and A. Jaynes at J. C. Hudgin's; Mr. and Mrs. G. Paul and baby at

GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE

In effect Aug. 19th, 1917.

Trains will leave and arrive at City Depot, Foot of Johnson Street.

Table with columns for train number, destination, and time. Includes 'Going West' and 'Going East' sections.

CUNARD LINE

Passenger Service Montreal and London

Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston, and New York. Full particulars of sailings and rates apply to local agents or to The Cunard Co., Limited, General Agents, 19 King Street East, Toronto.

Zam-Buk advertisement with illustration of a woman and child. Text: 'Zam-Buk ENDS PAIN. EVERY MOTHER SHOULD KEEP A BOX ON HAND. All Dealers, 50c box.'