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. Our school has re-opened with Miss Lyon as teacher and there is a good attendance. A 'wee girl has come to brighten the home of Mr. and Mrs. Jack Conroy. David Melligan has been engaged cutting hay at M. Ferguson's. Visitors: Mr. and Mrs Taylor; Charlie Whiticar and family at Edward Conroy's; Mr. and Mrs John Palmer at William Palmer's; Mrs. James Stevenson and son at Davie Melligan's.

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. Mr. and Mrs. D. Youmans and Mr. and Mrs. H. Loyst motored to Verona and Enterprise on Sunday. Mrs. R. Hawley and Lena spent the week-end at Verona. The school fair on Wednesday was a fine success. The display in the hall was excellent, the boys even competing in sewing and cake-making. The number of calves and colts were small on account of the difficulty of taking them. The driving contest was much appreciated by the onlookers. The W.I. served dinner, and also had a booth, realizing a nice sum. "Jack" and "Herb" Grey left for the west on Wednesday. Miss Trotter paid Madoc a flying visit this week. Mrs. P. Thomopson visited at her son's, W. Pringle's, Arden, for a few days. The little Misses Wood returned on Tuesday from visiting friends at Roblin. Mr. and Mrs. Harry Pringle were Sunday guests of their parents, Mr. and Mrs. John French. Alex. McDonald is on the sick list. James Irwin, Sharbot Lake, is shipping hogs to-day. Jas. McDonald has returned from attending Toronto fair. Miss Annie Price leaves on Monday for Peterboro nor-

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. Mr. and Mrs. Edgar Hughes spent a recent Sunday at Arthur Ward's, Harrowsmith. Miss Violet Sigsworth and Russell Manson have resumed their studies at Sydenham High School. Miss Maria Watson, nurse-in-training, St. Catharines General Hospital, is spending a vacation at her home here. Mr. and Mrs. Harvey Loyst, Mr. and Mrs. Damon Youman's and Mr. Hays motored from Mountain Grove and were guests of Mr. and Mrs. Edgar Hughes. Earl Boyse, Northern Crown Bank, Ottawa, is the guest of his parents, Mr. and Mrs. Lewis Boyce. Charles Sigsworth and party motored to Westbrook recently. Cyril Close, Moscow, was the guest of James Manson on Sunday. Charles Gowdy, Oconto, was a recent visitor at Archibald Gowdy's. Mrs. A. Watson and son, Secord, have returned after attending Toronto Exhibition. Melville Bradford was in the city on Saturday. Misses Lily and Florence Gody have returned to their home at Harrowsmith after visiting little Miss Keitha Ellerbeck. Miss Edna McMahon visited friends here enroute to her school at Yarker. Clinton Sigsworth called on friends in Verona recently. George Hughes had a bee on Monday for the purpose of hauling stone to repair a farm building. A good amount of work was accomplished. Mr. and Mrs. George Barr spent Sunday at A. Marison's, Mr. and Mrs. Frederick Ellerbeck spent Sunday at Edgar Hughes. Mrs. Joseph Hawkey and small daughter, of Elginburg, will arrive this week to visit friends. Earl Hughes and little daughter, Willa, Ottawa, sp ntefwuuea taoi Willa; Ottawa, spent a few days with his mother, Mrs. John Hughes, who s seriously ill. Mrs. H. A. Sigsworth is reported as quite ill at the home of her daughter, Mrs. Bruce lenderson, Westbrook, Mrs. George Hughes and small daughter, are at J Hughes,' Mrs. A. Manson and son, James, attended farewell party at Mr. Clarke's, Odessa,

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. The young people spent an enjoyable evening one night last Younge's in dancing. Visitors: Mrs. James Wilson and daughter at W McCaw's; Mr. and Mrs. Payne and son, Clifford, at R. Tallmen's; Mr. and Mrs. E. Burchell at H. Baker's Mr. and Mrs. Thomas Gardiner and family at G. Younge's; Mrs. O. Spicer and daughter. Alma, at Mrs. week with the following staff: Miss

TO WIN THE WAR THIS HOUSEHOLD IS PLEDGED TO CARRY OUT CONSCIENTIOUSLY THE ADVICE AND DIRECTIONS OF THE FOOD CONTROLLER

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. 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. The grease which melts out of ham and bacon is sometimes made into gravies; but more often it is thrown away, because the housewife does not realize its value as a food. Beef fat is less appreciated as a

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

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. Much of the objectionable taste may be readily removed. One household method which may be successfully followed is to mix milk with the suet when it is rendered, using one-half cupful of milk to a pound of suet. When strained and cooled, the flavor of the milk is absorbed by the beef fat and changes the characteristic flavor.

Sign and Live Up to the Food Service Pledge.

Sept. 13.-School Swan's; E. Young at M. McLean's; Morgan principal, and Miss Adams of Willie Wilson at Robert Burchell's. | Essex assistant of the continuation



This locality was visited with heavy his home here. A farewell party uniform, Bert and Percy overseas illness of fever. frosts for a few nights but no serious for Ptes. E. Barker and E. Wood of and Ernest in Lindsay.

school and Miss McLeod of Forest of the junior room and Miss McConneil and Mrs. Edward Morgan have redicted school. In the list of tribunals Ernie Wood and "Billie" Bell spent gard to the Military Service Act. Both has been chosen as one of places Mrs. "Art". Perkins has sone to his home at Mountain Grove. All are sort to hear to have the first of the first of the manner of the public school. In the list of tribunals Ernie Wood and "Billie" Bell spent New Brunswick Kilties, Fredericton, N.B., has gone to his home at Mountain Grove. All are sort to hear the first of the first of the manner of the public school. In the list of tribunals and Mrs. A. Reynolds and son and Mrs. A. Reynolds and son N.B., has gone to his home at Mountain Grove. All are sort to hear the first of the manner of the public school. In the list of tribunals and Mrs. School and daughter at J. Gorman's; Mrs. and Mrs. A. Reynolds and son and Mrs. A. Reynolds and son and Mrs. A. Reynolds and Mrs. School and Mrs. School and Mrs. School and Mrs. A. Reynolds and Mrs. A. Reynolds and Mrs. A. Reynolds and Mrs. A. Reynolds and Mrs. School and Mrs. School and Mrs. School and Mrs. A. Reynolds and Mrs. School and Mrs. Scho where sittings will be held. A num- Shier is visiting relatives at Moun- has been killed in action. Much

Catarrh Cannot Be Cured Sept. 14.—The dance at R. Armstrong's on Wednesday evening was well attended. All are glad to hear that Pte. Robert Morgan, formerly of this place has returned home after doing his bit overseas. A patriotic cushion was made by Mrs. "Art" Perkins on which the sum of \$25 was raised, and \$15 the result of a Red Cross Speial, all of which the Red Cross workers used to send woxes to our brave boys overseas. Pie. Edgar Barker, Lindsmy, spent a few days recently at his home here. Miss Rose Wood has resumed has the blood of the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best blood purifiers. The perfect combination of the inghedients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send few days recently at his home here. Miss Rose Wood has resumed has a local disease, greatly influenced by constitutional conditions, as they cannot reach the seast of the disease 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-tite Wood, who has been ill, is better, Mr. and Mrs. J. Rose and child-rent spent Sunday at Morven. The school fair will be held here next Tuesday. Mrs. Williams and daughter are sounded to resulting the resulting for testimonfals free.

Miss Rose Wood has resumed has

as been chosen as one of places Mrs. "Art". Perkins has gone to tain Grove. All are sorry to hear proposed to hear exemptions in reber from the village went to Napnee on Thursday to the horse races. tin Atkins, Trenton, spent Sunday at
mother, who has three other sons in

few days recently at his home here.

Miss Rose Wood has resumed her

All Druggists, 75c.

Hall's Family Pilis for constipation.

Mr. and Mrs. Jaynes and children and A. Jaynes at J. C. Hudgin's;
Reford Co. Limited, G.
Mr. and Mrs. G. Paul and baby at 10 King Street Fast, To

Passenger Service

LOCAL BRANCH TIME TABLE In effect Aug. 19th, 1917.

Trains will Depot, F	leave and	arrive	et Cl
	Going W	est.	Vrr. CI
No. 19 Mail . No. 13 Expres No. 1 Intern' No. 7 Mail .	Ltd. 1.4	Sa.m. Sa.m.	2.57 a.i 3.35 a.i 2.13 p.i
	Going Es	mt.	3.40 p.s
No. 18 Mail No. 18 Expres No. 6 Mail No. 14 Intern'	12.50 Ltd. 1.00	p.m. 1	3.35 A.e 2.53 p.n 1.38 p.n
Nos. 1, 6, 7, 1 Other train	3. 14. 16.	P. To 20	n dails
Direct rough Hamilton, Bu Shicago, Bay Strawa, Quet Halifax, Bost Pollman, seco	city, Sag	nto, Pe	Detroit ontrea
ill other info	t, Agene	day and	night