

Crown Syrup in "Perfect Seal" Quart Jars

Holds 3 lbs. syrup - when empty use for preserves.

CROWN BRAND CORN SYRUP

—the pure, wholesome table syrup, with the delightful flavor.

Also sold in 2, 5, 10 and 20 pound tins—at all grocers.

Write for free Cook Book.

THE CANADA STARCH CO. LIMITED, MONTREAL.

Good Coffee!

Try a pound of our special Blend Coffee. Fresh ground while you wait, with the

Hobart Electric Mill, 40c lb.

Sample given on request.

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Money remittances made by mail or cable. Apply to Local Agents or The Robert Heford Co. Limited, General Agents, 59 King St. East, Toronto, Ont.

GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE
IN EFFECT JAN. 6TH, 1918.

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

Going West	
No. 19 Mail	12:20 a.m. 12:57 a.m.
No. 13 Express	1:55 a.m. 3:25 a.m.
No. 27 Local	3:45 a.m. 10:17 a.m.
No. 1 Int'l. Ltd.	1:11 p.m. 2:15 p.m.
No. 7 Mail	2:50 p.m. 3:40 p.m.
Going East	
No. 13 Mail	1:40 a.m. 2:17 a.m.
No. 19 Express	2:15 a.m. 3:15 a.m.
No. 8 Mail	12:20 p.m. 12:52 p.m.
No. 14 Int'l. Ltd.	1:45 p.m. 3:15 p.m.
No. 23 Local	4:05 p.m. 7:37 p.m.
Nos. 1, 12, 14, 16, 18, 19 run daily.	

Other trains daily except Sunday. Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Sarnia, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston, and New York. For full information, apply to J. F. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons, before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to rot your tongue and sicken your breath or dull your head, no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep those poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

An soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.

FROM THE COUNTRYSIDE

Leeds

POOLE'S RESORT.
Dec. 3.—Leonard Williams, Trenton, spent Christmas under the parental roof. Miss A. Lear, Courtice, as home for the holidays. Miss Edna Wilcox, Brockville, was a Christmas guest of her father, S. D. Wilcox. Other Christmas guests were: Mr. and Mrs. Charles Wilcox, MacIntosh Mills at Walter Williams; Mr. and Mrs. B. E. Poole and children, Caintown, at S. D. Wilcox's; Henry Weeks, Escoff, Misses Audrey and Jean Weeks, St. Catharines, at J. T. Weeks, Miss Gladys Brown, Caintown, has resigned her position as teacher in this school, and her place will be filled by Miss Gertrude Scott, Jupetown. Sympathy is extended to Mrs. Anson Andrews in the death of her son, Mrs. James Ferguson, Mooretown at whose bedside she has been for the past week.

Frontenac

CUTTING.
Jan. 2.—Cutting and drawing wood is the order of the day. The annual school meeting was held on Wednesday. School reopens on Jan. 7th. Miss Margaret Walsh has resumed duties at Taylor. Orlan Searley, who left for the west, where he is engaged as teacher. Mr. Harte will be greatly missed by a large circle of friends. Miss M. H. Burns has returned from Chaffey's Look after a short visit with Miss F. Regan. Robert Donaghe and Francis Egan; of Westport, spent New Year's at Mrs. A. N. Koen's. A number of young people from this vicinity drove to Mrs. Keeley's, Rutton, on Tuesday evening, where a few very enjoyable hours were spent.

SANGSTER.
Jan. 3.—Christmas passed very quietly. Visitors: Mrs. Margaret and Miss Helen and William Hinge, Kingston, at W. Ryan's; Thomas Goodheart at T. Hastings, Cole Lake; Miss Stasia Barret, Syracuse, N.Y., at Thomas Barret's; Frederick Johnson, Toronto, is spending a few days at P. O'Connor's; Mr. and Mrs. James Murphy, Jr., Portsmouth, and Miss Katie Murphy, at James Murphy's; Miss Minnie Young, Kingston, is spending a few days at her home here. Mrs. and Mrs. O'Byrne at N. Murphy's; Terrence O'Connor at Mrs. V. Egan's; Miss Anna O'Connor and F. Johnson visited with Minnie Young on Tuesday. J. J. Coulter at T. Barret's; Mrs. W. Ryan visited in Kingston recently. The party at N. Murphy's on New Year's night was well attended. The shantymen are taking advantage of the snow, despite the cold weather.

Lennox and Addington

BATH.
Jan. 3.—Misses Morgan and McConeil, Toronto, have arrived for their duties in the school. Misses Edith and Margaret Forrester returned to their schools near Ottawa on Tuesday. W. H. Hall has returned home from a visit to his parents in Essex. Rev. Mr. Seymour and wife have returned from a visit to friends in Belleville. Harry Revel has returned from the Kingston General Hospital, where he has been for a few days.

NORTHBROOK.
Jan. 4.—The annual Christmas ball at Flinton was attended by our young people, and all report a good time. William Both spent New Year's day in Clayoie. Mrs. Boyd has returned to her home in the west after spending a few weeks with relatives here. Miss Rose Wood has resumed her duties as teacher at Elm Tree. Pie Edgar Barker and Pre. E. Wood, Lindsay, spent Christmas at their homes here. Claude Thompson, Elm Tree, spent a few days recently at W. Wood's. Rev. I. C. Wickware is being presented with a purse of \$25 today. He is going to Hamilton, and from there to Africa, where he has spent a number of years. Mrs. W. Wood has returned from Parham. The cold weather is prevailing still.

NEWBURGH.
Jan. 2.—Miss McKarracher, science teacher of the high school staff, has tendered her resignation, to take effect Feb. 1st. Miss McKarracher has been here several years and ably performed her duties and her resignation is much regretted. Monday was municipal nomination day. All the old members were re-elected by acclamation. Miss Essie Johnston spent the holidays at home with her mother and sister. We have had very cold weather for quite a long time. Some say it was the coldest December in thirty years. Wednesday evening the monthly meeting of the Red Cross Society was held. Miss Alma Saxsmith, Oso, spent the Christmas holidays with her parents, Mr. and Mrs. H. S. Saxsmith.

DENBIGH.
Jan. 3.—J. Adams, who for about a month was a guest of his parents, Dr. and Mrs. Joseph Adams, returned to his position in the Lennox and Addington City. The Misses Clara and Flora Pritch, who also enjoyed a few weeks' visit with their parents and other relatives here at their old home, left again yesterday for New York to resume their duties as nurses in one of the hospitals. Their brother, George, of Renfrew, who spent a few days with them at the old family home, also returned to town. Emil Christiansen, of Pembroke, and his sister, Miss Frieda, of the Pembroke Business College, who favored their brother, Rev. C. F. Christiansen at the paragon

with a holiday visit, returned to their present home yesterday. Geo. Ball, teacher at the village school during last term, has been re-engaged again for the present year.

STORMS' CORNERS.
Jan. 1.—G. Embery is preparing to build a stock barn in the spring. Mr. and Mrs. J. E. Miller entertained a number of their friends on Wednesday evening. Mrs. S. Shibley is confined to her bed. Mrs. K. N. Storma has organized a Glee club. A number from here attending the kitchen shower at W. Lammon's, Wednesday evening. Mr. and Mrs. R. N. Lapum entertained on New Year's day, it being Mrs. Lapum's birthday. R. Asselstine and family spent Tuesday at W. Mettler's. Odessa. Miss B. Coney, Campbellford at J. Davy's; Mrs. E. Asselstine at N. A. Asselstine's; A. Coney and family, Saskatchewan, at A. Brown's.

LOOSE HAY \$16 A TON

WOLFE ISLANDERS ARE RECEIVING HIGH PRICES.
Expected That Oats Will Soon be One Dollar a Bushel—An Auto Ran Into Shallow Water.
Wolfe Island, Jan. 7.—Business is very brisk here at present. The prices for the different commodities have been touring the island during the past week. An immense quantity of pressed hay has been purchased here recently for the American market. In some cases buyers paying as high as sixteen dollars a ton for loose hay. It is expected that oats will shortly reach one dollar a bushel.

The road on the ice has been bushed to the city. Crossing is excellent. The same can be said of the Cape Vincent channel. Large quantities of pressed hay are being moved every day to the above places. During the past week, many islanders were unable to secure coal in the city and sea wool on the island is about as scarce as the proverbial hen's teeth, conditions are serious. It is impossible to secure coal in Cape Vincent. The writer is of the opinion that as islanders have their money with city merchants that they in return are as much entitled in these strenuous times to their portion of coal, as are the citizens themselves. It is to be hoped that Mayor Hughes will look into this matter and see that islanders are treated accordingly.

J. Randall, Kingston, with a military man from Cape Vincent on Saturday, while crossing with an automobile, going by the way of Big Bay, and not seeing where shoals are located ran into open water, which fortunately was shallow. All that remained visible of the car, above water, was the top of the windshield. Help was secured but it was found impossible to extricate the auto. The occupants returned to the city and will make another attempt later to secure the car.

George O'Brien, who runs a blacksmith and repair shop in the village appealed for exemption before Judge Layell, but his appeal was disallowed. His removal will be a serious loss to the farmers, since opening his shop, some for or five years ago he has been constantly employed.

Duncan B. Benn, Napanee, died on Thursday at the residence of his daughter, Mrs. E. DeVan Belleville. He was born in Napanee and was in his sixty-first year. He was a blacksmith by occupation.

Mrs. Nancy Myers, beloved wife of Peter D. Myers, Belleville, passed away Thursday. She was a daughter of the late David Nicholson, having been born in the first concession of Huntingdon.

A young man named Lawrence Burke was in Belleville police court fined \$200 and costs or three months in default on conviction on a charge of having sold liquor on Dec. 7th.

A pretty wedding took place on Dec. 25th at the home of Mr. and Mrs. J. D. Henderson, Smithfield, when their eldest daughter, Verna Bernice, was married to Joseph Lee Smith.

Women, Prepare!

Thousands of women in Canada have overcome their sufferings, and have been cured of woman's ills by Dr. Pierce's Favorite Prescription. This temperance medicine, though started nearly half a century ago, sells most widely to-day. It can now be had in tablet form as well as liquid, and every woman who suffers from backache, headache, nervousness, should take this "Prescription" of Dr. Pierce's. It is prepared from nature's roots and herbs and does not contain a particle of alcohol or any narcotic. It is not a secret prescription, for its ingredients are printed on wrapper. Send 10c for trial package to Dr. V. M. Pierce, Surgical Institute, Buffalo, N. Y., or Bridgeburg, Ont.

Hamilton, Ont.—"When I reached the critical period I was a nervous wreck and suffered with hot flashes and dizzy spells. 'Favorite Prescription' relieved me of all these ailments and brought me through the trying time safely. For a woman of middle age there is no tonic equal to Dr. Pierce's Favorite Prescription, and I never hesitate to recommend it to my friends."—Mrs. ANNIE SOULES, 41 Hess St. N.

Stratford, Ont.—"I was greatly benefited by taking Dr. Pierce's Favorite Prescription; it was before twice came. I had become all run-down, was nauseated, very nervous and weak, and suffered with backache. Was not able to do anything for three months, when I began taking 'Favorite Prescription.' It soon gave me relief and it was not long when I was strong and healthy. 'Favorite Prescription' was surely a great help to me and I am glad to recommend it."—Mrs. I. J. MANLEY, 61 Kent Lane.

BUDGET FROM WELLINGTON

MR. AND MRS. CHARLES PETERS 25 YEARS MARRIED.

Gave Dinner on New Year's Day — Hydro-Electric Commission Not to Commence Operations at Wellington at Present.

Wellington, Jan. 3.—Mr. and Mrs. Charles Peters gave a dinner to a number of their friends on New Year's Day, in honor of the twenty-fifth anniversary of their wedding day. The invited guests were: Miss Janet Whitely, Miss Annie Clark, Miss Edith Wilder, Miss Cora Pettin-gill, Miss Katharine McDonald, Miss Eva McDonald, Miss Madeline Haight, Miss Edna Fitzgerald, Miss Dorothy Christy, Miss Mae Tesky, Ernest Purson and Roy Campbell.

Mrs. St. Helen's 3rd concession is visiting her sister Mrs. J. E. Clark. The Christmas tree in connection with St. Andrew's church was a decided success. The hall was packed to the doors. The tableau called "The Spring of Christmas" was beautiful.

Mrs. M. E. Fraleigh, wife of the late Jacob Fraleigh, passed away last week after an illness of some length. Miss Helen Herrington has returned to Toronto after a lengthy visit with her parents here. Mr. and Mrs. Leegart Haight of Toronto, spent Christmas with Mr. Haight's parents, Mr. and Mrs. Gregy Haight. Gerald Noxon of Toronto spent Christmas with J. E. and Mrs. Noxon. Miss Ellen McDonald was home from Toronto to spend Christmas. Miss Lena Tait of Belleville spent the holidays at her home here. Ernest Pettin-gill of Toronto spent Christmas with his parents.

Arnold Post and Pte. Joseph Best have returned to Kingston to report for duty. Mr. and Mrs. Claire Noxon spent Christmas with Mr. and Mrs. Clarence Stevenson. Mrs. Fred Geddes and daughter Kathryn of Toronto spent Christmas here. Bert Bryce and wife spent Christmas here. Charles Dingman has been spending some time with his parents here.

J. N. Swart was away for the Christmas holidays. Miss Alkinson spent the holidays at her home in London. Miss R. Nash is the guest of her brother, T. M. Nash. Miss Margery Herrington of Stirling is home for the holidays. Harry Suffman of Toronto spent a few days with his parents.

Miss Percival of Kingston spent the week with Miss Olive Sheppard. The Methodist Church Christmas tree was a great success, the hall being filled to the doors. The last scene, a tableau "The War on the Western Front" is worthy of special mention. Mrs. Dunning is the guest of Mrs. T. A. Rankin. Mr. and Mrs. Archie Dingman and daughter, of Calgary, were the guests of Mr. and Mrs. Allan Dingman.

Mr. and Mrs. Charles Greer and Mr. and Mrs. Phillip Greer took their departure for Arkansas, Texas, and will remain away for a few months. The funeral of the late Mrs. Jacob Fraleigh was held at her son's residence. Rev. Mr. Boyle officiated. Interment took place at Wellington cemetery.

A party was given by Mrs. William Best and daughter Nellie, Christmas week in honor of Mrs. Best's son, Pte. Joseph Best, who has lately returned from overseas.

A letter received recently from Sergt. Chas. W. Huyck, who is now in England, speaks of his good health and of being invited to spend Christmas with a couple of other officers at the home of Mrs. (Dr.) Al-ton Garratt, who is living in England. Mrs. Garratt's son, Phillip, was seriously injured in a fall from an aeroplane and Mrs. Garratt is looking after him.

Miss Julia Platt, Miss Lola Cockburn and Miss Martha Stewart, all of Rochester, N.Y., are spending their holidays at their homes here.

The Hydro-Electric Commission has decided not to commence operations on account of the financial conditions of the country.

Miss Edith McMahon is visiting friends in Montreal. Mrs. J. D. McDonald visited her sister, Mrs. Libbie Garratt for a few days last week.

Alex Grant visited friends in town last week. Mr. and Mrs. I. Palmatier of Brighton spent a couple of days visiting friends last week. Rev. Mr. Eby of Picton conducted a meeting on Friday evening at the Church of God and was entertained at the home of Gordon Phillips. Mrs. Suffman and Miss Edna Suffman are visiting at Mr. and Mrs. Horace Suffman's at Rochester, N.Y. Miss Maiza Smith spent a few days at Toronto last week.

George McCormick, Ottawa, was fined \$10 and costs for being drunk in Brockville. B. Hunter, Lyn, pleaded guilty to having whiskey on premises other than his own and was fined \$204.50. Then a second charge was preferred against McCormick of having whiskey other than on his person on a railway train and for this offence he was fined \$201.50.

Rev. Dr. George S. Burnfield, former minister of the First Presbyterian church, Brockville, recently celebrated the twenty-fifth anniversary of his induction as pastor of the North Presbyterian church, Broad street and Allegheny avenue, Philadelphia.

On Sunday Mrs. Thomas G. Kellough, Lanark township, passed away, after an illness of a week, and from a hemorrhage of the stomach. A. E. Stone, manager, Deseronto garage and Miss Margaret M. F. Potter, teacher, Trenton were quietly married on Dec. 26th. Catherine James, widow of the late John Thompson, died in Montreal a week ago. She deceased was in her eighty-ninth year. Col. W. Beatty, Cobourg, has gone to France as assistant-director of the Canadian chaplain service on the lines of communication. Those were elected by acclamation to the Napanee Board of Education: Alpine Woods, C. A. Wiseman, Jas. Craig.

5 REASONS Why

you should use Zam-Buk instead of ordinary ointment.

- 1st. Because Zam-Buk has superior soothing and healing power. This is due to its unique composition. Zam-Buk is composed exclusively of herbal extracts and vegetable oils and is 100% medicine.
- 2nd. Because Zam-Buk cures are permanent. This is owing to the fact that the oils and extracts of which Zam-Buk is composed are so blended and refined that its power of penetration is extraordinary. While ordinary ointment remains on the surface skin, Zam-Buk literally soaks through to the underlying tissues, and destroys skin diseases at their very roots. In this way, only, can a permanent cure be effected.
- 3rd. Because Zam-Buk is antiseptic. In other words germs cannot live where Zam-Buk is applied. This prevents any danger from festering or blood-poisoning.
- 4th. Because Zam-Buk is pure. Its purity is due to its herbal composition, and this particularly commends Zam-Buk to mothers.
- 5th. Because Zam-Buk is economical. Owing to its freedom from animal fat Zam-Buk cannot be

come rancid. It is, therefore, just as good to the last application. The reliability of this herbal remedy has established it as the household balm wherever it has been used. If you have not already tried it see our free trial offer below.

Zam-Buk has been proved unequalled for eczema, ringworm, abscesses, ulcers, running sores, bad legs, blood-poisoning, piles, boils, pimples, burns, scalds and cuts. All dealers or Zam-Buk Co., Toronto. 50c. a box, 3 for \$1.25.

FREE Zam-Buk

Send this coupon and 1c stamp (for return postage) and free trial box will be sent you.

ADAMS BLACK JACK

They're chewing it now from one end of Canada to the other because they like the unusual, long-lasting flavor and because a stick a day keeps illness away.



ADAMS Black Jack CHEWING GUM STICKS

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ADAMS

Pure Chewing Gum