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Cooked Ham 80c.
Belleville Creamery 80c.
Hamburg 8 lbs. 25c.

Prompt delivery.
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KINGSTON AND DISTRICT

Ship Stock to Kingston.
The Laddlaw Brothers and Geo. VanFatter, Aylmer, Ont., shipped twelve pure-bred Holstein cows from their herds to a breeder at Kingston, to form the foundation for a pure-bred herd.

Was Ill Several Months.
The funeral of the late George Shorey was held in the Methodist church, Strathcona, on Wednesday, after several months of lingering illness he passed away at Weston hospital.

Dr. Chown in England.
Rev. Dr. S. D. Chown, superintendent of the Methodist Church in Canada, has sailed for England, partly as a vacation trip, and partly to bring fraternal greetings to the Methodists in England.

A LUCKY PURCHASE OF MEN'S WORKING HOSE
We were lucky to be able to purchase a limited quantity of men's working hose at a low price which we are going to pass on to you as long as they last for 7 cents a pair. The Lion Clothing Co.

Historical Relics.
One of the features of the Carleton Place centenary is the exhibition of historical relics in the town hall, which consists of a really wonderful collection of old hairrooms, books, coins and other relics dating back as far as 300 years. It includes the first furniture ever built in Lanark county and Bibles which date back to the eighteenth century.

Back To The Farm.
Neil Stewart has purchased the farm owned by John Waddell, Appleton, and is taking possession immediately. Mr. Stewart sold his farm at Ashton four years ago and has since been living in Carleton Place, but the "burs of the land" was too strong for him and he goes back to it. This farm is better known as the property of the late Andrew Houston.

Alexander Shannon Injured.
Alexander Shannon, Pictou, was hit by an automobile as he was crossing Bridge street and as he emerged

ed from behind a truck John Harris' car struck him. Mr. Shannon was taken to the hospital and is recovering from the effects of the accident. The car was moving slowly but the distance was too short to prevent striking Mr. Shannon.

Made General Passenger Agent.
Milton S. McKay has been appointed to the position of general passenger agent of the Northern Navigation Company with the head office in the Dime Bank building, Detroit, Michigan. He formerly lived in Belleville.

O'Brian-Sutherland Wedding.
The marriage was solemnized in Knox Church, Lancaster, of Jessie Margaret, elder daughter of Rev. Dr. and Mrs. H. C. Sutherland, Lancaster, and Robert Brock O'Brian, Toronto, second son of Judge C. G. O'Brian, L'Orignal. The ceremony was performed by the bride's father. Miss Dorothy Jean Sutherland was bridesmaid and M. J. MacDonald, Lancaster, was groomsmen.

Died At Victoria Harbor.
Robert Kay, formerly of Ernestown Station, died at Victoria Harbor, Ont. Mr. Kay was in poor health for some time and moved near Coldwater in March, thinking it would improve his health. Deceased, who was forty-two years of age, spent most of his life in the vicinity of Ernestown Station, where he had a host of friends. There are left to mourn his widow and five children, and a sister in China.

Made A Presentation.
On Tuesday a number of young people invaded the home of Mr. and Mrs. Howard Dufos, 6th Coa. Sidney township, to spend one more evening with their daughters, before their departure as nurses-in-training at Brockville Hospital. An address was read by Miss Marjorie Pearson while Miss Kathleen Smith presented each with a fountain pen and eversharp pencil.

A GREAT BARGAIN IN YOUNG MEN'S SUITS
We are clearing every summer suit we have in stock which just covers the cost of the material. These suits are going for \$11.95. They sold regular for \$18, \$20 and \$22 and are suitable for fall and winter wear. You will never get a chance like this again, so be sure and get one. The Lion Clothing Co.

Death of Mrs. J. Munroe.
On Saturday last Mrs. John Munroe died at the home of her daughter, Mrs. F. D. Allport, Cobourg. She had been in poor health for some time owing to advancing years. Mrs. Munroe, who was eighty-two years of age, was born in Perth and lived at Almonte for the greater part of her life. A funeral service was held at the residence of her daughter, after which the remains were taken to Almonte for interment. Mrs. Munroe is survived by five other daughters, besides Mrs. Allport.

Cases At Sharbot Lake.
Two cases were tried at Sharbot Lake on Wednesday before W. L. Allison, Wolfe Island, and A. Gray, of Sharbot Lake. An American citizen who is camping there was let go on suspended sentence on a charge of stealing a rifle, the property having been restored and costs paid, but he was fined \$10 and costs for being intoxicated. A Parham resident was fined \$20 for being intoxicated. C. R. Webster conducted the prosecution.

All Cheese Boarded Sold.
All the cheese boarded, \$91 colored, readily sold at the record price for the summer, 17 1-16th cents, offered at the Frontenac Cheese Board on Thursday afternoon. This bid was made by Mr. Hamilton and seconded by Mr. Gibson. The nearest to it was 16 3-4 cents, offered on June 26th, by Mr. Gibson. The following cheese were boarded:
Glenburnie, 60; Howe Island, 23; Model, 60; Silver Spring, 56; Thousand Islands, 47; Wolfe Island, 55. At this price Mr. Hamilton bought all but Glenburnie, which went to Mr. Gibson.

Dies at Nakusp, B.C.
Dr. Ernest H. S. McLean, aged fifty-four, who died recently at Nakusp, B.C., of heart failure, was born near Spencerville and on graduation settled at Calgary, in 1891. In the following year he moved to British Columbia and was medical officer on C. P. R. trains between Donald and Revelstoke during the smallpox epidemic. At Revelstoke he enjoyed a lucrative practice and was C. P. R. medical officer. At the time of his death he was D. G. M. of the Kootenay district, A.F. & A.M., a member of the Knights of Pythias and warden of St. Mark's church, Nakusp. Thirteen years ago he was married to Miss Ralphi W. Sitt, Spencerville.

Succeeds at Belleville.
Owen Bond, Aug. 5.—J. R. Dier, manager of the Owen Sound branch of the Union Bank of Canada, has received word of his promotion to the management of the branch at Belleville, rendered vacant by the removal of J. G. Moffatt, who was arrested on Saturday last at Midland while playing golf, and who subsequently took ill from the effects of poison. Mr. Moffatt's condition is still critical.

Under all speech that is good for anything there lies a silence that is better. Silence is deep as eternity, speech is shallow as time.
Mal-information is more hopeless than no information.



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Best service.
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Early Morning Vigour Right Through the Day

To retain the vigour of early morning right through these warm summer days you must select your foods carefully. You must avoid foods which are difficult to digest—which consume more energy in their assimilation than they actually supply to the body.

Grape-Nuts is a food which is easy to digest, its highly concentrated nourishment easily taken up by the body.

Grape-Nuts is made from the essential elements of whole wheat and malted barley. A long process of baking concentrates all the food value in a readily assimilated form. These Carbohydrates, along with phosphorus and iron, form 75 per cent of Grape-Nuts. They are a most necessary part of the daily diet. They are highly energizing. They are builders of bone and muscle.

Crisp, crunchy Grape-Nuts forms a most delicious summer-time breakfast. Serve it tomorrow morning with milk or cream and perhaps a little sugar. Four teaspoonfuls is sufficient for a serving. Costs 1c per serving. Your grocer has it.

GRAPE-NUTS RAISIN PIE
1/4 cup Grape-Nuts, 1/4 cup raisins, seeded and chopped, 1 1/2 cups brown sugar, 2 1/2 cups hot water, 1/2 cup vinegar, 3 tablespoons butter.
Mix in order given, and cook for 10 minutes. Cool. Put into a paste-lined plate and cover with half-inch strips of paste, placed half an inch apart to form a lattice top. Trim edges neatly, moisten and finish with a half-inch strip of paste around the edge. Bake about 40 minutes. The oven should be hot for the first 15 minutes and then the heat should be reduced. This recipe will serve six persons.



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A Few Specials For This Week

ATHLETIC UNDERWEAR
\$1.00 value for 75c.
\$1.25 value for \$1.00
\$1.75 value for \$1.25

BALBRIGGAN UNDERWEAR
75c. value for 50c. each
\$1.00 value for 75c. each

COLORED SHIRTS
\$1.25, \$1.50, \$1.75 value for 96c. Size 14 to 16 1/2.
\$2.50, \$3.00 value for \$1.75. Size 14 to 17 1/2.

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