

## Chantry

Chantry, July 20—Mr. and Mrs. Wm. Percival spent Sunday with Charles Ables.

Mr. and Mrs. Cheney, of Perth, spent Sunday with Mr. and Mrs. Frank Seed.

Mr. Carmen Eyre's youngest daughter had her collar bone broken.

A number of the boys from here attended the concert at Elgin on Tuesday night and had a wet night to come home.

The rain is putting the farmers back in their hay.

Mrs. A. Jeacle, of Smith's Falls, spent a week with her mother, Mrs. Isaac Derbyshire.

## Greenbush

Greenbush, July 23rd—Miss Bernice Taplin spent last week at Delta the guest of Mr. and Mrs. O. P. Arnold. Miss Taplin has engaged to teach the Addison school for the coming year.

Mrs. Robinson and daughters of Montreal, are guests at the home of Mr. Wesley McVeigh's on Sunday last. They motored to Gosford where they were the guests of Mr. Herbert Wiltse.

Mr. and Mrs. Clifford Hall spent Sunday at Glen Elbe.

The members of the Methodist church here are planning to have their annual social on the evening of August 7th for which a good musical and literary program is being prepared.

The Misses Wilma and Bessie White are visiting friends at North Augusta.

Miss Anna Stevens of Regina is spending the holiday season at the home of her brother-in-law, Mr. Walter Olds.

The young people of this place took an outing at Charleston Lake on the 17 inst. which was much enjoyed.

Born—On Monday July 16th to Mr. and Mrs. Wm. Gifford a son.

Mr. Allan Moore and family, of Sask., are spending a month at the home of Mr. Moore's mother.

Miss Dack, of Brockville, is a guest at the home of her uncle, Mr. Jas. Hewitt.

Miss Mabel Loverin is visiting friends at Charleston Lake.

## Soperton

Soperton, July 23—Mr. Brayman, Brockville, was a guest at E. J. Suffel's last week.

Mrs. W. J. Frye, Forfar, guest of friends during the week returning to her home Friday.

Mr. and Mrs. J. S. Webster and Mr. and Mrs. A. E. Orr, Bellamy's, visited at T. J. Fryes on Sunday last. Also Miss Geraldine Orr who remained to spend a few days here and at Delta.

All weeds on the roadside have been cut in this road division under commission of R. Thompson.

The extreme heat is curing the hay very rapidly.

The donation sale held in Delta Saturday evening July 21 in aid of Red Cross under the direction of the Women's Institute was a decided success. Considerable over \$100.00 being realized. The thanks of the Institute is extended to all who assisted.

## OTTAWA FAIR HOLDS ANNUAL MEETING

The Ottawa Winter Fair in spite of the adverse conditions which it has had to face during the past two years has made remarkable progress and last year had one of the most successful shows in its history and one of great importance from breeding and feeding standpoints to live stock men in Eastern Ontario and Quebec. The Winter Fair last year made a profit on the year's business of approximately \$1000.00. At the annual meeting held recently the following officers and Chairmen of Committees were elected: Hon. President, Peter White, K. C., Toronto; Col. W. J. Cowan, Cannington; A. P. Westervelt, Ottawa. President, Wm. Smith, M. P., Columbus; Vice-President—J. C. Stuart, Osgoode Sta.; General Director—R. W. Wade, Toronto; Secretary-Treasurer—W. D. Jackson, Carp. Chairman of Horse Committee; J. W. Brant, Ottawa; Beef Cattle, J. H. Grisdale, Ottawa; Sheep, G. B. Rothwell, Ottawa; Swine, J. C. Stuart, Osgoode Sta.; Dairy Cattle, E. S. Archibald, Ottawa; Poultry, Geo. Robertson, Ottawa; Seeds, T. G. Raynor, Ottawa; Reception, Wm. Smith, M. P., Columbus. The 1918 show of the Ottawa Winter Fair will be held January 15-16-17-18 and another prosperous year is looked forward to.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears  
the  
Signature of *Chas. H. Fletcher*

## TRICK OF THE CAMERA.

It is Not Difficult to Make a Picture of Yourself as Twins.

In the Woman's Home Companion C. H. Claudy describes the photographic trick of having one person appear twice in the same picture and tells the amateur photographer how to accomplish it.

"What you actually do is this: Cut from a piece of thick, stiff pasteboard a piece which will fit into the inside of the camera and be held in place by the folds of the bellows. It should be fitted in the fold of the bellows which will hold it about an inch or an inch and a half in front of the plate. Its width should be half the plate opening and a trifle more—say one-eighth of an inch.

"Make this piece of cardboard thoroughly black on both sides by dipping it in ink and letting it dry. See that the cardboard is well 'seated' in the bellows folds so that light does not leak past the joints.

"Pose your subject and proceed to focus so that the image appears on the right side of the ground glass in the camera (left side of the finished picture will be the result). The left side of the ground glass appears blank, because it is kept from exposure by the cardboard. Insert the plate holder, take a picture, put back the slide and remove the plate holder; on no account move the camera, however. Very gently slide the cardboard from the left side to the right and replace the ground glass. Pose the subject on the opposite side of the center this time. Then replace the plate holder, remove the slide and make a second exposure exactly the same length as the first."

## HISTORIC KAVALA.

This Grecian Seaport Was Known as Neapolis in St. Paul's Time.

Kavala, the Grecian seaport which has figured so often in press dispatches during recent years, is noted as the birthplace of Mehemet Ali, the remarkable son of an Albanian farmer whose career as viceroy of Egypt during the first half of the nineteenth century almost precipitated Europe into a war of nations. The house in which this witty, wily pasha was born in 1769 is in a narrow, crooked street not far from the Turkish school which he founded, although he himself never learned to read or write.

In Roman days Kavala was known as Neapolis, and it was here that St. Paul landed on his way from Samothrace to Philippi, where there was a thriving colony of Christians, to whom the Epistle to the Philippians was addressed.

Prior to the beginning of the Christian era Neapolis was the seaport of Philippi, whose ruins are to be found some ten miles from shore on the highway from Kavala to Thessaly. Here the fleet of Brutus and Cassius was at anchor during the famous conflict on the fields of Philippi in 42 B. C., when the assassins of Julius Caesar met defeat at the hands of the legions commanded by Antony and Octavius.

Practically all that remains to connect ancient Neapolis with modern Kavala is a Roman aqueduct, whose two tier arches still convey water from Mount Pangaea to the town and citadel.

## Our Sleep.

As a race we sleep too little. An infant's life is nearly all sleep. Gradually as the child grows older the hours of sleep are shortened. "Youth till the age of twenty is reached requires fully ten hours' sleep. Although nature demands fewer hours' sleep in summer than in winter, it has been proved that eight hours of sleep are required for the average adult in good health. By this is meant not simply eight hours in bed, but that amount of good, sound, restful sleep night after night. Our power to work is intimately related to our ability to sleep, and there is no more reliable indication of sound health than the capacity to sleep naturally, and the more active and energetic the waking life the deeper the sleep.

## Tripled Her Baking Capacity.

"One day, when baking cookies," says a housewife in the Woman's Home Companion, "I expressed a wish for larger pans. My husband said, 'Why not have some made to fit the oven?' He then measured the grate and went down to the hardware store. In a few days I had two Russia iron pans 19½ by 18½ inches and one inch deep. As these pans hold three dozens of cookies I can do my baking very much more quickly than I could with the old pans, which only held twelve cookies."

## Wonderful Man.

"Where is he from?"  
"I don't know, but I think he was raised on a desert island."  
"What in the world makes you think that?"  
"He says no woman ever made a fool of him."

## His Regular Bath Day.

Prospective Boarder—What are your rates? Hotel Proprietor—Two dollars a day for single room, \$2.50 a day for room with bath. P. B.—That is \$14.50 a week. H. P.—No; only \$14. P. B.—Yes, but I was counting Saturdays.

## Not So Wrong.

A Russian applicant for naturalization papers was asked, "What is the constitution of the United States?"  
"Rugged and healthy," he answered.  
Of course there is a laugh, but still he said something.

## Cold Cash.

Beau (earnestly)—No, she isn't exactly pretty, but she has that indefinable something—Bess (impatiently)—Yes, I know. My girl's old man has pines for it too.

## DEATH OF ALFRED IRELAND

Mr. Alfred Ireland, a respected resident of Elizabethtown, died Friday afternoon at five o'clock at the General Hospital where he had been a patient since May 7. His illness became acute several weeks ago and while it was recognized he had little or no hope of recovery he cheerfully bore up and was resigned to his fate.

The late Mr. Ireland was born in the township of Elizabethtown August 1, 1848, and was nearing his 69th birthday. He always resided in the township and for a continuous period of 50 years was a member of the family of Mrs. Margaret Stewart, on the second concession, northeast of the town. He was a faithful and conscientious citizen, always ready to aid in any undertaking having for its object the welfare of the community. Deceased is survived by one brother, Mr. George Ireland, of Athens; also two nieces and two nephews, now resident in the United States. A man of unobtrusive and gentle disposition, always amiable and kindly disposed to his neighbors the late Mr. Ireland will be missed especially in the neighborhood in which he so long resided. In religion he was a Presbyterian.

## LEARN TO SWIM

The Knowledge May Save Your Own Life—and Others.

Now that the holiday season is once more with us we may expect to have the usual crop of boating and drowning accidents, which unfortunately, are apparently the necessary accompaniment of the summer season. These accidents are the more regrettable, since most of them could be avoided, if every child were taught to swim. Our governments and municipal councils are becoming more and more paternal every day, and things which were left to the discretion of the individual a few years ago, the State now takes under its control and renders obligatory. Education, the administration of factory acts, health legislation of all kinds, etc., are enforced by the State to-day, in the attempt to make conditions better and render life more secure.

The art of swimming so far has not come under the category of indispensable accomplishments like reading and writing, with the result that valuable lives are needlessly lost every year. Very often it is not the one who cannot swim who is drowned. An accident occurs, a canoe turns turtle, an over trustful wader gets beyond his depth, an enthusiastic but careless follower of Isaac Walton slips off a rock or bank or wharf, and immediately the cry goes up, if anyone is near, "man drowning." The natural instinct of the man or woman who can swim is to rush to the rescue, often in the hurry forgetting to divest themselves of boots, etc., so that their generous eagerness handicaps them for rescue work at the start.

Usually the first action of the drowning person is to clutch the rescuer round the neck or to twine the arms and legs around his body, thus rendering all efforts at rescue abortive, and frequently the swimmer is dragged down and drowned, while the other party who had no business to be in such a position is rescued by someone else, often from a boat. Every man, woman, and child, should be able to swim, whether they ever intend to go near water or not, and, and thus tend to prevent such accidents, and we should begin with the children in the schools. Swimming parades should be encouraged under competent instructors.

## A Simple Art

Swimming is so simple an art that there is no excuse for any one not learning it, who is physically fit. It is almost as easy as learning to walk, and certainly much easier than riding a bicycle, and like walking, once it is learnt, it is never forgotten. One's muscles may get soft from want of practice so that one easily tires in the water, but a swimmer who does not take cramps too badly should be able to keep afloat until rescued. The writer has taken a bad cramp in the legs when half a mile out to sea, and swam to the shore with arms alone.

All that is required to learn to swim is from three to five feet of water, and the shallower the water the more confidence the learner will have. Just look at a dog for a minute or a frog, and boldly attempt to imitate them. Your head will go down and you will probably swallow more water than is good for you at first; but don't mind these discomforts; stick to it. Lash out on all sides with your arms and legs and all at once it will come to you, and you will wonder why it was you didn't succeed at your first attempt.

## Another Word

There is another word which insists on clutching you, your best trust, and that is to jump out of your neck and do your best to get out, knowing that help is at hand if needed.

But remember, above all things that you cannot learn to swim on the kitchen table, or sprawling over a chair. These so called aids are not a bit of use, you have to learn in water, and it should not take you half an hour. Another thing to remember both while learning and afterwards is that water will not do your eyes any harm, and there is no need to keep them shut either under or on the water.

## Cramps Not Serious

Some people recommend beginners to hold on to a boat or surf board, and so learn the proper use of the legs. If learning to swim was a matter of months of hard work these extraneous aids might be all right, but the ordinary boy or girl with a little practice, should learn to support himself in the water after a couple of lessons at most. And another word of advice; learn to swim on your back and to float, keeping your head well back. Occasionally, a good swimmer will take a slight cramp in the leg. If so, just keep your chest full of air and rub the cramped muscle until it gets better.

## Rescue Work

As to rescue work so long as you have plenty of air in your lungs you won't sink. If you are in difficulties and some one swims to your rescue, don't grab him; just put your hands gently on his shoulders, and keep your lungs full of air, by breathing lightly and quickly, don't begin to gasp, and don't lose your head. Allow your rescuer to look after you and do as you are told for both your sakes.

Another word also to the rescuer; if the drowning person loses his head and insists on clutching you, your best chance is to give him a knock-out blow behind the ear: in other words be cruel in order to be kind. It is much easier to rescue an unconscious person than one who does his best to drown you also.

Remember that people "drown" from suffocation, not from becoming waterlogged, and the suffocation occurs when the head is submerged and an attempt is made to breathe. Then a small amount of water is usually inhaled, which results in suffocation. An unconscious person does not usually breathe and the danger of suffocation is therefore lessened, respiration in this case being restored artificially without much trouble.

This does not pretend to be an article which will teach people to swim, whole books have been written on the subject, and as mentioned above it is only in water you can learn, but if it should be the means of inducing only one boy or girl to learn to swim this summer, it will have been justified.

## EVERY MONTH MANY WOMEN

Take ZUTOO Tablets and are free of the Gripping Pain and Sick Headaches.

Read what Mrs. Wright says: "I received your sample of Zutoo Tablets, and took them for severe pain (monthly) and headache. At the end of 30 minutes, I was entirely free of pain and experienced no more throughout the period. I suffer a great deal at these times and feel grateful that I have a remedy which affords quick relief. Every woman in the land should know about Zutoo Tablets and what they will do."

Mrs. ALLEN WRIGHT, Fulford, Que.

## TAKE ZUTOO

It's a rare treat to hear LUCY GATES sing  
"Blue Danube Waltz" It's one of her best

Columbia Records

FOR SALE BY  
W. B. PERCIVAL

## TOM MARKS CO'Y

Tom Marks Company of Actors, Singers, Dancers and Pipers will present

"Bringing Up  
Father"

TOWN HALL, ATHENS  
WED., AUGUST 1ST

First time at popular prices, 25c, 35c and 50c

Plan at Lamb's Drug Store

## Keep Cool These Hot Days

We've nice cool clothes for these hot days.

Nice light weight two-piece suits.

Light-weight outing trousers in khaki serge and tweed.

Light weight underwear in Balbriggan, Nainsook, and Mesh, short or long sleeves, combination or two pieces.

Nice outing shirts and the new sport shirts.

Nice cool straw hats, panamas and silk caps.

Light alpaca coats and linen dusters.

Bathing suits, Jerseys, Negligee Braces, Belts, light socks, etc.

We've everything to keep you cool.

Globe Clothing House

Brockville, Ontario

Automobile  
Tops and Cushions

We have a full line of everything for Tops, Cushions, Slip Covers, Buggy Tops, etc.

Write for Prices on Repair Work

JAS. W. JUDSON, Brockville  
36 George St. Phone 663

## PROFESSIONAL CARDS

## DR. H. R. BRIGHT

PHYSICIAN, SURGEON, ACCOUCHEUR

OFFICE HOURS: (Until 8 a.m.)  
(1 to 3 p.m.)  
(7 to 8.30 p.m.)  
ATHENS

## DR. C. M. B. CORNELL

Cor. Pine and Garden Streets  
BROCKVILLE  
PHYSICIAN SURGEON & ACCOUCHEUR

## DR. T. F. ROBERTSON

COR. VICTORIA AVE. BROCKVILLE  
AND PINE ST. ONT.  
EYE, EAR, THROAT AND NOSE.

## J. A. McBROOM

Physician and Surgeon

X-Rays and Electricity employed in treatment of cancer and chronic diseases  
COURT HOUSE SQUARE — BROCKVILLE

## DR. A. E. GRANT.

VETERINARY SURGEON AND DENTIST.

RESIDENCE: OFFICE:  
R. J. CAMPO'S Cor. Main and  
Bell and Rural Phones. Henry Sts.

## J. W. RUSSELL

AUCTIONEER  
Reasonable terms. Years of successful experience.  
DELTA, ONTARIO

## H. W. IMERSON

AUCTIONEER  
Licensed to sell by Auction in Leeds County  
Apply for open dates and terms  
HARLEM, ONTARIO

## Furniture

When intending Purchasing any kind of Furniture visit our store before doing so.

A Good Selection to Choose From

## Undertaking

IN ALL ITS BRANCHES  
PROMPTLY ATTENDED TO.

GEO. E. JUDSON  
ATHENS, ONT.

Bell Phone 41. Rural Phone 28

## Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a constitutional disease, and in order to cure it, you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.  
Sold by Druggists, price 75c.  
Hall's Family Pills for Constipation.

## LUMBER

Now on hand, a stock of plank and dimension lumber suitable for general building purposes and a quantity of rough sheeting lumber.

Any order for building material will be filled on short notice.

Present stock includes a quantity of

FOUNDATION TIMBER  
SILLS, SLEEPERS, ETC.

A large quantity of slabs and fire-wood.

F. Blancher

ATHENS