



Vision Your Sons, Mothers of Canada!

Vision them at early morning when through rising mists, there bursts a hurricane of fire—

See your valiant boys—calm, grim, but cheerful—“stand-to-arms” until the Hun’s “morning hate” dies away.

Picture them at breakfast, the meal that must bring them the bodily sustenance to carry them through the strain of another day.

Then think of what might happen if, one morning, there was no breakfast—no food to be had, and the word went down the lines that Canada had failed them.

Vision all these things, and then—As Women of Canada—Mothers of Men—Answer this Call to Service.

Canada must send to Her Own, and to the Allies Fighting Forces, more wheat, more beef, more bacon, and more of such other foods as are non-perishable and easily exported.

They Must Be Fed

Statistics show that, everyday, in Canada, sufficient food is thrown into garbage cans, to feed the entire Canadian Overseas Army.

Travellers have often remarked that many a European family would live well upon the quantity and quality of food wasted in some Canadian homes.

Such waste is shameful at any time; but in these times it is criminal.

Canada can do this, without depriving her own population of a fair share of any of these foods if You Women will but help.

All we ask of you is, that instead of buying so much white flour (if you do your own baking) you vary your baking by using one-third oatmeal, corn, barley or rye flour. Or, if you buy your bread, that you order a certain proportion of brown bread each day.

Second, instead of using as much beef and bacon as formerly, you vary your family’s diet, by substituting for beef and bacon such equally nutritious foods as fish, peas, lentils, potatoes, nuts, bananas, etc.

Third, and this is most important—positively prevent the waste of a single ounce of food in your household.

Our only hope is that with these truths before you, and in view of the vital issues at stake, we may count upon your earnest co-operation in stopping this appalling waste; and in substituting other foods for the wheat, beef and bacon that must be sent overseas.

Next week a Food Service Pledge and Window Card will be delivered to you. The Pledge is your Dedication to War Service. The Window Card your Emblem of Honour.

Sign the Food Service Pledge

WOMAN'S AUXILIARY, ORGANIZATION OF RESOURCES COMMITTEE, IN CO-OPERATION WITH THE HON. W. J. HANNA, FOOD CONTROLLER.

PICTON
Miss Catherine Fox, B.A., has been successful in obtaining Specialist’s and Supervisor’s Certificates in Art.
Mr. A. F. MacVaugh was called to St. Mary’s Ont., on Saturday last, owing to the serious illness of his mother.

Mr. Robertson who succeeds Mr. Zowis as Mathematical Master at the Collegiate, arrived in town on Saturday.
Many citizens of the town and county were also present with their tokens of remembrance of departed members met at the lodgeroom and friends and loved ones.
Mrs. (Rev.) C. H. Daly and sons Charles, Stewart and Edward, who the graves of departed brethren have for the past few weeks been

visiting Mrs. Daly’s father, Mr. Jas. Calnan, Picton, and other friends in town and county, left this week for Ladner, B.C. Rev. Mr. Daly, who was formerly at St. George, B. C., had recently received a call from Ladner, a town about fifteen miles from Vancouver.
The funeral of the late H. A. McPaul was conducted very acceptably

by the Rev. V. O. Boyle, at his late residence on Tuesday of last week. The attendance was very large as he was well known in his community. Phillip Terry, bore the body to where his whole life was spent. Two of his sons, Bert and Harry, were by the side of his late wife in Bow-erman’s Cemetery.
Mr. and Mrs. Alex. Miller, Mrs. Orange Order, in which he had long notored up to Hillier, Labor Day.

born, where they will take up their residence for a time. Their daughter, Miss Sigmund Weston, will attend the Normal School in that place.

Lieut. E. H. Barr, 3rd Battalion, East Lancashire, has been reported seriously wounded and is now in the Boulogne base hospital. He is a Prince Edward County boy and previous to enlisting was employed with the Royal Bank, Toronto.

Mr. and Mrs. P. I. Bentley, Mrs. Bentley, Sr., and Dock Morden of Millbrook, motored down and spent Sunday with Mr. and Mrs. Walter Dayton and Mrs. Douley’s parents. Mr. Edgar Morden returned home with them to spend a week’s holiday.

Miss H. M. Atkins of the hospital staff, returned to Picton last week after spending the holidays with her mother and sister at Seattle.

Mr. and Mrs. Thos. Graham and daughter of Montreal, arrived in town on Thursday last and are the guests of Mr. and Mrs. C. M. Froy, Queen street.

Mr. Graham, the new Science Master of Picton Collegiate, arrived in town last week. Mr. and Mrs. Graham have taken up their residence on Burns Ave.

Mrs. A. C. Martin and little son left for her home in Hamilton on Monday after a several weeks’ visit at the home of her parents, Mr. and Mrs. R. Davison, Paul street.

Gordon Ross of the Bank of Montreal staff, Peterboro, and Perry Bos of the Union Bank, Toronto, are spending their holidays with their parents, Mr. and Mrs. W. T. Bos, Centre street.

Brandon last week to assume her duties as principle of the Public School in that city.

Dr. and Mrs. H. R. Kingston will leave for their home in Wintiper after spending the holidays at their home Centre street.

Miss Jessie Smiley has resumed her work as teacher in the White Ladies’ Cottage after visiting friends in Picton and Napanee.

Privy-Lieut. Stanley B. Calnan left for Toronto on Monday morning after spending a week’s leave with his parents, Mr. and Mrs. A. B. Calnan, before going overseas to qualify for a commission in the Imperial army.

Mr. E. M. Young was re-elected Vice-President of the Canadian Municipal Union at its annual convention in Toronto last week.

Picton Collegiate reopened on Tuesday morning with the largest attendance in the history of the school. Fully 200 pupils were on hand on the opening day and this number will be increased during the next two or three weeks by students who were unable to begin at the opening. The school is again in charge of Principal Kerfoot. Three changes have been made in the teaching staff this year. Mr. Robertson is Mathematical Specialist in place of Mr. Zavitz, who has a position on the staff of the Peterboro Collegiate; Mr. Graham takes the Science in place of Mr. Bigg, who is in charge of the Cunningham Continuation School and Miss Maud Forbes is Junior Teacher, Mr. Gulston having enlisted with the Naval service.

One of the yllers from Camp 150 have had a bad smash on the Fair grounds yesterday. The accident occurred about noon when in an attempt to rise from the ground after alighting, the machine was overturned, smashing the propeller and otherwise damaging it. The occupant was fortunately uninjured. It appears that the trouble was by the machine dropping into a ditch before sufficient headway was gained to enable it to rise from the ground. The wheels of the plane struck the bank on the opposite side of the ditch completely overturning it. The operator was strapped to the seat but managed to free himself before the workmen, who were engaged painting some of the Fair buildings could reach him. A call was at once sent to the camp and a motor truck reached the grounds late in the afternoon and took the disabled machine back to Deseronto. —Gazette.

Pills of Attested Value.—Parmed’s Vegetable Pills are the result of careful study of the properties of certain roots and herbs, and the action of such as sedatives and laxatives on the digestive apparatus. The success, he compounds have met with, attests the value of their work. These pills have been recognized for many years as the best cleansers of the system that can be got. Their excellence was recognized from the first as they grow more popular daily.

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