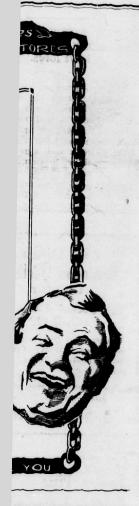


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rville 2, Port Bruce 2, Yar-U.S.A. 37, London, Ont., 33, Highgate 7. Muncey 6, e 5, Lambeth 3, Windsor 4, dges 2, St. Marys 2, Kingsdsville 2, Muirkirk 2, Win-Flanworth 2, Montreal 2, 3, Norwich 3, Petrolea 2,

Amherstburg 2, Blenheim urg 2, New Sarum 2, and Howing places one each: Goderich, Essex, Middlene, Bothwell, Hagersville, dland, Owen Sound, Nilesth Bay, Westminster, Port anstead, Sudbury, Walsinge, Crinan, Ekford, Hespe-Stratford, Embro, Langton, rg, Tilbury, Southampton, Hamilton, Shakespeare, ialt, Bayfield, Calgary. Berder, Port Colborne, Simcoe, ieau, Cromarty, Hillsdale, ille, Jaffa, White's Station, Payne's Mille

duction of nitrate of soda hich fell off greatly at the of the war, has almost ntebellum figures. During i, it was 5,337,592 Spanish or 541,231,929 pounds, as 988,101 quintals in April, 5,589,542 quintals in April,





Don't Suffer Longer

and allow yourself to become grouchy, upset, nervous and depressed. These conditions usually indicate a dis-ordered digestive system, which, if neglected, may be hard to remedy. Remove the disturbing element and put your digestive organs in good working order by taking

They gently stimulate the liver, act on the bowels, tone the stomach—purify the blood and regulate the system. These benefits are particularly marked by women at such times when nature makes special demands upon their vitality. They act promptly and safely. The next time you feel low-spirited and out of sorts, take Beecham's Pills. Their sure, mild, thorough action will

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Thursday, July 27, 1916

HLMA LADIES' COLLEGE OPENS ITS THIRTY SIXTH YEAR ON SEPTEMBER TWELFTH: NINETEEN HUNDRED & SIXTEEN

For calendar and terms: R. I. Warner, M. A., D. D., Alma College, St., Thomas, Ont,

91st BATTALION HAD EXCELLENT TRIP.

John Tuff, in Letter to His Wife, Says Food Was Excellent, and Does Not Believe Stories Published About Poor Meals.

Liverpool, July 5, 1916. My Dear Wife.

We embarked on Wednesday about 11.30 a.m., left on Thursday about 8.30 p.m. We travelled on a splendid boat, which carried over 7,000 soldiers. The trip was a splenid one-no rough sea all the way

were supplied with plenty of food: For breakfast-Coffee meat, potatoes, oatmeal, bread and butter. For dinner—Soup, meat, beans, peas, potatoes, pudding, or stewed fruit, Supper-Tea, meat, fish, jam, bread and butter. A change was made at every meal, so that we did not get the same kind of food twice the same day. I did not hear any complaints made; there was no occasion for it, but you know there are always people who grumble at whatever they get. I have read such letters in the Express. I do not believe them, after the experience we nad everywhere we have been.

Well, I must close now, but will write soon again. With love to all.

Trains on the Wabash leave Aylmer NOTICE TO CREDITORS. EASTBOUND NO. 2—123 p.m.—Solid vestibuled train to Simcoe, Buffalo, New York and Boston. NO. 356—8.35 a.m.—Way Freight. In the matter of the Estate of John Chambers, late of the Township of Malahide, in the County of Elgin, Yeoman, Deceased. of Malahide, in the County of Elgin, Yeoman, Deceased.

NOTICE IS HEREBY GIVEN.

Pursuant to Section 56 of the Trustee Act, being Chapter 121, Revised Statutes of Ontario, 1914, that all Creditors and other persons having any Claims whatsoever upon or against the Estate or Property of John Chambers, late of the Township of Malahide, in the County of Elgin, Yeoman, who died on or about the Thirtieth day of January. One Thousand Nine Hundred and Sixeen, are on or before the Tenth day of August, AD. 1916, to send by post prepaid or deliver to the undersigned Solicitor for the Executors of the last Will and Testament of the said John Chambers, Deceased, at his office. Brown House Block, Aylmer, Ontario, a statement in writing of their names and addresses, and full particulars of Claims, with Vouchers, and the nature and value of all Securities, if any, held by them: and NOTICE IS HEREBY FURTHER GIVEN, That after the said last mentioned date, the said Executors will proceed to distribute the Assets of the said Deceased amongst the parties entitled thereto, having regard only to the Claims of which notice shall have been received as above required: and the said Executors will not be Itable or responsible to any person of whose claim notice shall not have been received as aforesaid, at the time of such distribution of the Assets of the Estate or any part

WESTBOUND NO. 3-11.16 a.m.—Fast Express for Detroit, Chicago and St. Louis.
NO. 355-4.47 p.m.—Way Freight. The Wabash is the shortest and best line from Aylmer to Chicago and St. Louis and all points west and southwest.

J. A. RICHARDSON S. F. BALL, Dist. Pass. Agent. Depot Agent. Toronto & St. Thomas Aylmer, Ont.



a of cultivation is subject to rea cate of rough, acrubby or stony
e stock may be substituted for
under certain conditions.
W. W. (ORY, C.G.M.,
of the Minister of the Interior,
nautherized publication of this adat will not be paid for.

Solicitor for the Executors, Solon Chambers, John Rowan Summers, Albert Chambers,

at the time of such distribution of the Assets of the Estate or any part thereof so distributed.

Dated at Aylmer, this Tenth day of July A.D. 1916.

A. E. HAINES,

Children Cry FOR FLETCHER'S CASTORIA

LOCATED IN ENGLAND.

ber of the Express Staff, Now had our overcoats on. with the 91st O.S. Battalion.

Tuesday, July 4th—A fine day, but very cold. On the lookout for sus-Brough in the Winning Run in a picious craft. Baseball Game Over There.

Can Hear the Big Guns in France at Their Camp at Westenhanger.

Messrs. Barnecott & Monteith.

Dear Sirs.

o you.

We left St. Thomas on Sunday vening at 5.30, in two sections, over he M.C.R., and had a good fast ride s far as Hagersville, where our secion had two large engines hooked on, and these took us over the G.T.R. to Hamilton. We had a good iew of the beautiful scenery around he mountain and arrived at Ham-Iton at 8.25 p.m., as it was just geting dark. Leaving Hamilton ped on until at 9.40 we reached Toronto, which at that time was pretty We then went to bed on our eats and bunks, and woke up about a.m., at which time we were at

There was nothing more of importance until we arrived at St. Henri, where we detrained and had a halfour route march to straighten out our limbs; and we were all ready for it. At 9.15 we left Montreal and pass-

over the Victoria Bridge, across the St. Lawrence. This bridge has 25 spans. Passed under Mount Royal at 10.40, and the next place of interest was Pointe St. Charles, about eight miles from the quaint old city of Quebec. We were very sorry we did not go right into Quebec, but hope to be able to visit it when we come back again,

line as before, passing such places hour for a route march through the ed to get out of camp since. city. This is an old city all right, and Well, this is all I can say for now, looks very funny beside our up-to-

At 5.30 we passed through Amherst, where there is a large internment camp for Germans and Austrians, and ing. We can hear the big guns over they gave us a very pleasant look. This little city has chiefly woollen and piano factories.

Wednesday, 28th, saw us at Halifax, and we were up and out of the train at 5.30 a.m. We marched to the boat John Tuff. | and embarked at 12 o'clock noon, on one of the finest ships afloat. She was certainly a beauty, and carried on this trip nearly 7,000 troops. We were assigned to our compartment for sleeping, and then we started on a hunt for our dining-room. Bert Richardson, P. Crawford, and myself made a party, and you can talk all you like about New York, Detroit, or any of the other cities being easy to get lost in, but that ship had them all beaten forty ways. We were down one stairway and up the other, and through corridors and into hallways but not a find could we make. We gave it up finally, and asked a steward where we were and told him where we wanted to go. He directed is, and we were just standnig around a corner from the place we wanted o find.

We waited patiently all day for the oat to pull out, but she never left, intil early morning of the next day (Thursday), and then just pulled out nto midstream, and dropped anchor Well, it meant more wait for us, and we bore it patiently.

About eight o'clock at night we saw ome signs of life from the ship, and away we went, with a destroyer in ront. Talk about speed on the water -why, those destroyers make Barney Oldfield look as if he was going slow Had a good sleep that night in our hammocks, being up bright and early next morning to see if we could get a last glimpse of Canada. We went out on deck and scanned the sky for a long time, but Old Canada was out of sight. We must have made great speed that night. We noticed also

that the destroyer had gone. Saturday was a very foggy day, and he fog whistle was blowing every hirty seconds.

Sunday, 2nd, we were running with ncreased speed, and we were living like kings. Good meals! Goodnight, we had everything that was

91st BATTALION IS WELL going-stewed rabbit! What do you know about that for Aylmer boys! It rained a little to-day, but not enough to keep us inside.

Had Most Enjoyable Trip, and Were Monday, 3rd, was a fine day, but we Used Like Kings, Writes Corp. must have been up near the North H. V. Mitchell, a Former Mem- Pole, as it was bitterly cold, and we

Wednesday, July 5th-We got up at 3,30 and got a glimpse of the north and east coast of Ireland. This was a beautiful sight, the sun shining on the green fields, with the white cottages, looked as fine a picture as anyone could wish to see. Next view was the Isle of Man. This is a large island, and is an equal distance from Gave you my word when I left England, Ireland, and Scotland. The hat I would write you a letter of my people on this island speak their own trip when I arrived in England; so language, called Manx. They also will try and give you the most of have their own government, but are t, and hope it may prove interesting protected by Britain. The land then almost faded from sight when we go into the Irish Sea, and we saw nothing else until we were pulling into the harbour at Liverpool.

> We arrived at this beautiful city at 3.25 p.m., and disembarked at 4.15. here, and we enjoyed it, too. We left Liverpool at 6.10; and such little small engines and coaches made u laugh. But they have our railroads teaten a mile for system. They have men on these trains, who are called guards, who do not bother with your tickets, which are collected on leaving the station at which you wish to disembark, or at the station previous to your destination. The guards just look after the train. On the freight rains the brakemen, or shunters, as they are called, are at every station and when a car has to be taken off. he is on the job with a pole with a spiral hook on the end, with which he uncouples the cars. That method saves lots of accidents. Their roadbed is like glass, and they can go like the dickens.

We passed through some very beautiful scenery on the way to London Ran through the Metropolis at night. so did not have much chance of viewing the city.

We landed at Westenhanger at 2 .m., on Thursday, July 5th-just ex-On Tuesday we were still on the actly ten days from the time we left train, and were speeding down the St. Thomas. Well, we went right to our camp and are now settled quite as Campbelton, where we changed comfortably. The English Channel engines again; Potter, N.B., where is visible from here, and we have a there is a large college, 350 feet long, nice breeze all the time. We were five storeys high, and 100 feet wide. inspected by the "big push" over We went on then until we came to here, and pronounced all right, I Monckton, N.B., and stopped for an guess, because we haven't been allow-

only that I took part in a ball game, date ones. But the people here seem in which we beat the 89th by 7-6 in to be good and healthy, so they must a hard-fought game-yours truly do some business. Nearly all the bringing in the winning run in the buildings of Monckton are of the ninth, with two out. Oh, they can't beat those Elgin boys, and when it comes to a pinch, why, we will show Mr. Fritz about that game he is playhere quite plain.

> Will close now with best regards o you all .- I remain.

Yours very truly. Corp. H. V. Mitchell, No. 123484, A Coy., 91st O.S. Batt.,

C. E.F., Army Post Office, London, England

BILLION DOLLAR CROP EXPECTED.

After a thorough canvas of various points throughout Western Canada Dr. McGill, of the Dominion Grain Commission, is quoted in Calgary as saying that Alberta would have a crop as good as last year, that the Dominion would have a bilion dollar grain crop, and that the grain crop of the three prairie provinces would be little if any behind that of last

"The country as a whole never looked better than it does at pre-sent," said Dr. McGill. "The weather was made to order, as you might say, and I am of the opinion that this year's harvest will be another wonderful one."

Those who contemplate going West will do well to remember that the most fertile districts in Western Canada are served by the lines of the C.N.R., and that this season they can travel from their home districts to destination Canadian Northern all

the way. Arrangements have been made whereby passengers may travel in comfort, colonist and lunch counter

cars being a feature. The first of these excursions will be run in August; the date will be announced later.

nearest Canadian Northern agent, or write to R. L. Fairbairn, General Passenger Agent, 68 King Street E., Toronto.

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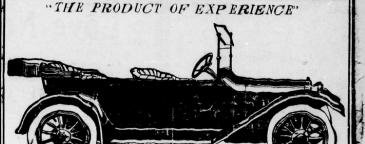
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