Your Eyes Trouble You?
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## OYSTERS

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Efuery thing in the inio of figh )
Our Wediling cathás are
If You Enjoy a Cholve CIGAR We
C3n Accommodate. Y̛ou.
S. E. THOMPSON, Babr wil Cumatimar

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Cheap Turkey for Christmas.













CRESOLENE ANTIIEEPTIC TABLETS



H'owers of the Months.
und


votion. Water lity; purity of heart, faith
July
Aunust-Pop
September-Morning glory; affection,
equanimity
notorer-Hop; hope.
November-Chrysunthemum ; fidelity,
November-Chrysanthemum ; fidelity,
Ioveceember-Holly ; domestl, bappiness,
foresight.




Bole's Preparation of Friar's Cough Balsam Cures Coughs Stops them right off. The first teaspoonful
does goo. In a few hours you notice that
tight feeling i, disappear-the coughing spells
 Cure yourself at home-for 25c-w
Cough Belsam. Sold by all druggists.

## BY-LAW NO. I3, 1907 OF TOWNSHIP OF WARWICK.  \$isis an for completing the same. Proo verop 1907.

 and of esid C .ad Jon
follows :

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suxty. Nine Yuars Young. A wonderful Veteran is Edward
Payton Weston, who has just fioiohed Payton Weston, who has just fioished
his walk from Portiand, Me, to
Chicayo. At 69 . Chicago. At 69 years of age he has
broken the world's pedestrian record which he wotrablished pedestrian record, 40 years aso.
His promennde of His promennde of 1,230 miles began
on Oct. 29, and has been accomplished in 26 regular days, for he never walks
on Sunday. Weston on Sunday. Weston is a rebuke to a
spindle-hanked spindle-shanked generation of etty
dwellers, addieted to the street car
habit. They might inquire with pror labit. They might inquire with pror
fit why this man is apable of greater
eats of endurance at 69 than at eats of endurance at 69 than at 29 .
Six of his rules for physical fitness
are: EAat prunes every day; takie a are : Eat prunes every day ; take a
cold water sponge very morning ;
take $a$ salt water bath once a week rake a salt water bath once a week; ;
waik to and from work; don't smoke
wigarettes ; don't keep late hours. cigarettes, don't keep late hours.
His prescription as to prunes will His prescription as to prunes wil
give some comfort to those who live in
boarding-houses. All his rules are
simple, and may be easily carried out. simple, and may be asily carried out.
Walking in the fresh air is the best
form of exercise, but there is too much truth in in Emerson's saying.
The modern man has built himself
The a carriage, but has lost the use of his
legs." Weston, 69 years young puts to shame a multitude of men one-
third his age, and carriise hope to
others who may be depressed by the chloroform theory. The care of the
body is a sacred duty, for it is the in-
trument body is a sacred duty, for it is the in-
strument by which the soul must do
its work.-Advertiser. Ontario's Frut Was Badly Yacked. London, Noo. No. 28 - British Columbia
capture the goid medal ta the Royal
Hortientural


 was bady packed and much bruised, and
in thatina on many ontario stould
not have exthibited fruit in such condi-

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nve old and $\begin{gathered}\text { Rellable } \\ \text { Compantes }\end{gathered}$ Fire Insuranee
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W: KINGSTON $\quad \begin{gathered}\text { President. } \\ \text { - Vice-Pres }\end{gathered}$
 var Mobryan, Pbrbr MoPhbdr.
w g. willoughby,

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