

UNABLE TO WALK FOR A YEAR

Paralysis Entirely Relieved by "Fruit-a-tives"

The Wonderful Fruit Medicine

Paralysis is a break-down of the Nervous System and affects the victim in various ways. Sometimes, nervousness makes itself known by hysteria, insomnia, constant headaches, or it may be so bad that one is partially or completely helpless in some part of the body, just as Mrs. Heacock was.

SAUL STE MARIE, Ont.

"When I was twenty-eight years of age, my doctor advised me to have an operation, which I did and it proved very serious, leaving me weak and unable to walk for a year. Seeing your 'Fruit-a-tives' advertised in the papers, I decided to try them. I continued to use them regularly, and today I am able to go about my home duties and care for my family."

MRS. J. W. HEACOCK.

Any form of Nervousness is often caused by, and is always aggravated by, Constipation, which poisons the blood, irritates the kidneys and inflames the nerves. "Fruit-a-tives" stimulates the action of liver and bowels, kidneys and skin-tones and sweetens the stomach—keeps the blood pure, and builds up the entire nervous system.

In a word, "Fruit-a-tives" has proved that it is the most scientific and effective remedy in the world for Nervousness or a disordered condition of the nervous system.

50c a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows:

GOING WEST

Accommodation, 111... 8.44 a.m.
Chicago Express, 112... 12.47 p.m.
Detroit Express, 83... 6.48 p.m.
(a) Express, 5... 9.11 p.m.
(c) Express, 15... 10.10 p.m.

GOING EAST

Ontario Limited, 80... 7.43 a.m.
Chicago Express, 6... 11.16 a.m.
Accommodation, 110... 2.28 p.m.
Accommodation, 112... 5.38 p.m.
(a)—Stops to let off passengers from Toronto, Hamilton and east.
(c)—Stops to let off passengers from Kingston and east.

C. W. VAIL, Agent, Watford.

Doctors Advise—

patients, suffering from acute throat or lung troubles, to get away from the cities to the pine-forest mountain resorts, and there live in the open-air as much as possible. Why? Because there is a wonderful exhalation from Pine trees, which, breathed into the lungs and air passages, heals, strengthens and reinvigorates them.

Today, by the wonderful aid of Science, these volatile fumes and other medicinal agents are compressed into unique, breathable tablets known as Peps. These bring the healing pine forest air into your own home. You strip Peps of their silver wrappers and dissolve the tablets in your mouth. The germicidal air-like medicine which is liberated is carried with the breath into your air-tubes and lungs where it quickly stops the most troublesome cough, relieves soreness and tightness, and soothes and heals the inflamed bronchial tubes.

Peps are the direct scientific treatment—the remedy that has revolutionized treatment of coughs, colds, chills, bronchitis, and all soreness or irritation of throat or chest. 50c. box, 3 for \$1.25.

PEPS THE REMEDY YOU BREATHE

Makes Breathing Easy.—The constriction of the air passages and the struggle for breath, too familiar evidence of asthmatic trouble, cannot daunt Dr. J. D. Kellogg's Asthma Remedy. This is the famous remedy, which is known for and wide for its complete effectiveness, even under very severe conditions. It is no untried, experimental preparation, but one with many years of strong service behind it. Buy it from your nearest dealer.

To have the children healthy and sound is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

LIFE OF CANADIAN MOUNTED POLICE NOT LIKE MOVIES

Hard Work and Little Romance their Part, Says Haskin.

The Royal Canadian Mounted Police have a grudge against the movies and the romantic novel, writes Frederick J. Haskin. Both of these fields of art have seen fit to seize on the northwest mounted policeman as a dashing and daring figure who rescues heroines with one hand and shoots Indians with the other. He is a sort of combination of Sir Galahad and Dead Eye Dick.

It is not argued that the mounted police aren't heroic. They undeniably engage in some of the most thrilling adventures left to a civilization that is rapidly extracting most of the thrills out of life. But the fictionalized versions of the mounted police life are in general highly exaggerated and give Americans the lurid sort of ideas of Canada that English people used to have a woolly and Indian-infested United States.

The highly colored tales in which existence in the mounted police includes at least one thrill every day are nothing more than the legitimate penalty of fame. As the Royal Northwest Mounted Police, the organization became the most famous police force in the world. It will probably be some time before people get used to the new name which substitutes for northwest.

The name was not changed as a disguise to escape publicity. The force was simply combined with other Canadian forces operating in other sections of the country. The royal force is at work in every part of the Dominion, and its duties are considerably more than pursuing Indians across the prairie at a mad gallop.

For one thing the mounted police assist customs and immigration officials in their efforts to catch bootleggers and drug dealers along the border. The smuggling of liquor from a very moist Quebec into the United States is a perpetual source of worry to the government.

Others of the royal force guard the public buildings at Ottawa. For this particular duty a member of the force wears a striking and becoming costume. A dark blue spiked helmet with a glittering gold chin strap gives him a military and British appearance. His blue suit is decorated with a wide yellow stripe down the trouser leg and the formality of this position is subtly suggested by white gloves. A man in this snappy uniform welcomes visitors inside the door of each government building.

The adventures of the mounted police are not so much among the Indians as in Eskimo land. The organization is pushing farther north and establishing outposts beyond the Arctic circle. The men who patrol the frozen northwest have to be pioneers and adventurers in a very real sense. They have to travel in dog teams over the endless frozen miles of northern Canada, and spend months or years in a single quest.

Up there, the Eskimos are giving Canada trouble. These natives, like the primitive Indians, have their own customs, some of which are barbarous. Murder in some tribes is not regarded with aversion if it seems justifiable. A man who becomes immoral they regard as insane, and if he gives trouble may be knifed or strangled with full approval of the tribe.

Natives of some bands have long had the practice of killing off their babies when the band is travelling and food is scarce or when the mother does not consider it to the advantage of the family to be burdened with an extra member. Old people too, were once killed if economic circumstances seemed to the tribe to warrant it. But now, many young children and aged people are seen about the igloos of the Eskimos known to have had these customs.

The charge is attributed, in a part at least, to the mounted police. It is one of the duties of a patrol to gather the people of a band together and explain to them the white man's laws and the penalties for breaking them. This has been urgent business since traders and explorers have pushed farther and farther into the Arctic regions of Canada. Occasionally they bring back word of a murder to the outposts of civilization. Sometimes a white man is the victim. In any case, when the Canadian government hears of these tragedies, it

dispatches a patrol of the police with orders to investigate or to bring back the offender.

A realistic film of such an expedition would have to preface nearly every other scene with "six months later." In one case the patrol which crosses Canada every two years brought word of a murder in the far north. After travelling a year and a half over ice and snow, through blizzards, with long stops when the weather made travel impossible, he caught one Eskimo responsible for the trouble. But there was another. He had no way to carry and guard a prisoner over a long trail, farther into the north. So he left the native there, trusting to the Eskimo band to hold him until his return. He got the other man, picked up the first captive and got to headquarters after being gone four years.

WEDDING LASTS SEVEN DAYS

Jerusalem, Oct. 22.—The marriage customs of Palestine, demonstrated recently in the wedding of one of the prettiest girls of the city to a well-to-do merchant, are among the most interesting celebrations of this ancient city.

No person who is privileged to witness one will ever forget either the gorgeous costumes displayed or the thrill of the music and dancing indulged in by the guests.

Not only the respective families of the bride and bridegroom but also the entire neighborhood takes part in the merrymaking which generally lasts for seven days.

The celebration begins always on Monday and the wedding ceremony itself always occurs at dawn on the following Sunday.

Invitations are sent only to those from whom presents are expected. However, any person may attend who wishes. Presents are always in the nature of foodstuffs, such as rice, meat, sugar, coffee, flour, butter and vegetables. These are necessary to provide food for the hundreds of guests who flock to the bridegroom's house daily to take part in the singing and dancing.

Saturday brings the climax to all joy making. If the bridegroom's father is of even moderate circumstances professional musicians are hired for the day.

Men and women in Palestine do not mix together often, due to the general belief that women are not mentally worthy of association. Consequently it becomes necessary to entertain women separately.

On Saturday evening, at eight o'clock there takes place the shaving of the bridegroom, a feature of the entertainment. Surrounded by scores of men and women who keep up incessant maddening yells, which may be heard for a mile around, the barber undertakes the operation.

This done, a procession is formed, proceeding to the church with people marching two abreast. At the head comes eight kawasas (guards), followed by ten children carrying in their hands palm branches and long candles lighted. Immediately after hobble four priests dressed in their church robes and singing psalms. The bridegroom accompanied by his father and the best man, comes next, trailed by 200 or 300 men. At the end of the procession come the women and children.

A similar procession having started at about the same time from the bride's place, the two groups meet at some appointed place and proceed jointly to the church. All along the street men and women, awakened by the noise, lean out of the windows to watch the bridal party.

After the wedding ceremony is performed a funeral rush is made to the bridegroom's house, where breakfast is served (by this time it being early morning) to all.

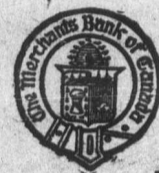
WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. The Tablets are a perfect home remedy. They regulate the bowels and stomach; drive out constipation and indigestion; break up colds and simple fever and make baby healthy and happy. Concerning them, Mrs. Noble A. Pye, Ecum Secum, N.S., writes:—"I have found Baby's Own Tablets of great benefit for my children and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Do You Know "SALADA" GREEN TEA

has a far finer flavour than that of any Japan or China Green Tea? Send for a sample and be convinced. Address—Salada, Toronto.

War Bond Coupons Cashed Free



The Merchants Bank will cash all War Loan coupons or interest cheques when due, on presentation, without making any charge whatever for the service. If you have not a Savings Account, why not use your interest money to open one with this Bank?

THE MERCHANTS BANK

Head Office: Montreal, OF CANADA Established 1864.
WATFORD BRANCH, F. A. MACLEAN, Manager.
ALVINSTON BRANCH, G. H. C. NORSWORTHY, Manager.

An ad. in your local paper goes directly into the homes of the people you want to reach.

ALUMINUM WARE

"Chef's Own"

- 1 qt. LIPT SAUCEPAN.....55c
- 2 qt. LIPT SAUCEPAN.....90c
- 3 qt. COVERED SAUCEPAN \$1.25
- 2 qt. COVERED SAUCEPAN 1.60
- 4 qt. COVERED SAUCEPAN 1.85
- 9 inch PIE PLATES.....40c
- 9 inch JELLY CAKE DISHES..45c
- 10 qt. PRESERVE KETTLE... 2.75
- 12 CUP PERCOLATOR..... 4.00

made from pure Aluminum—at right prices.

An ideal gift for a tasty house-keeper.

The N. B. Howden Est.

Consider Your Electrical Needs for This Winter

Perhaps you have thought of having some of your fixtures moved or re-arranged for this winter. Or, perhaps, you would like a better fixture for the living-room. Or a couple extra lights or switches placed in various places that will add so much to the convenience and comfort of your home.

If you are adding any electrical equipment, whatever, from an extra bulb to an we can secure it for you--and at lower cost than most places.

F. H. JUST

Phone 28 Electrician Watford

KILLED IN MENT

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face Monday held at the o'clock, Rev. assisted by mbers of the l and Devine h representa- otherhood, in- the London funeral in a utes covered relatives and Massons.

SHOULD NOT LIGHT

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"Wants "