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ANNOUNCING 'THE DOMINION LIGHT'

I wish to announce to the farming community of Lambton that I have secured the agency for the Dominion Farm Lighting Unit, — an all-Canadian made plant, built by the Dominion Steel Products Co., Brantford. Recognized after the most exhaustive tests to be absolutely the most efficient lighting plant on the market today. One of these new plants will be on exhibition here and for demonstration purposes in the course of a few days. Every farmer today is interested in electric power and lighting for his farm, —and you are cordially invited to investigate the merits of "Dominion Light."

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ELECTRICAL CONTRACTOR

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WATFORD

EAST LAMBTON TEACHERS' INSTITUTE

The East Lambton Teachers' Institute was held in the schoolroom of the Methodist Church, Petrolia, on Thursday and Friday, October 14th and 15th, with the president, Miss M. Reid, of Watford, in the chair.

The following resident clergymen kindly took charge of the devotional exercises at the opening of the sessions, Rev. Mr. Richardson, Rev. J. Yule, Rev. J. D. McCrae and Rev. Cannon Hill.

On Thursday, Miss A. B. Neville, Household Science Teacher of the London Normal School, gave two splendid addresses on "Food and Work in Ungraded Schools," and "Correlation of Household Science with the other Subjects of the School Curriculum." The speaker pointed out that Household Science is closely related to the other subjects—arithmetic, composition, art and especially hygiene; and as mental ability depends so much upon physical fitness, every child should have some idea of the relative food values of the commoner foods and that the hot lunch should receive more attention in every rural school.

Miss Reid, instead of delivering the usual President's address, dealt with the Federation of Women Teachers. The main object of the Federation is to raise the professional status of the female teachers and in order to be most effective, 100 per cent. membership is necessary.

Miss F. Brown, in dealing with Primary Work, pointed out the importance of pictures and story-telling in the earlier stages. A variety of seat-work, such as paper-cutting,

modelling and word building is necessary to keep the little ones busy. The whole reader should be covered in spelling.

During recess period, Miss L. Cameron, of Watford, favored the audience with a very pleasing solo.

Thursday evening the teachers were entertained at a social function in the Parish Hall of the Anglican church, and a very pleasant time was spent by all present. Vocal selections were rendered by Mrs. C. Jones, Miss J. Hoban and Master Ned McRobie; also addresses by Revs. Canon Hill and Richardson and Messrs. J. E. Armstrong, M.P., and J. Taylor. Mr. McRobie delighted all with some splendid phonograph selections. After the program refreshments were served.

Friday morning session opened with the report of the Nominating Committee, as follows:—
 Hon. Pres.—Mr. N. McDougall, B.A.
 Hon. Vice—Mr. P. McKichan, B.A., Mr. M. Cameron, B.A.
 President—Mr. Duncan Ewart.
 Vice-Pres.—Miss M. Davis.
 Sec.-Treas.—Mr. W. J. Kelly.

Executive Committee—The officers and Miss Buchanan, Mr. W. A. Kelly and Mr. J. A. McDonald.

Physical Training Committee—Mr. N. McDougall, Mr. R. Henderson, Miss H. Truan, Miss F. Edwards and Miss Park.

Auditors—Miss M. Ford, Miss Stapleton.

Delegates to O. E. A.—Mr. Lyle Oliver, Miss J. Leach.

In discussing the Institute Reading Course, Mr. McDougall suggested the forming of Reading Clubs in connection with each branch library. Messrs. N. McDougall, D. Ewart and W. J. Kelly were appointed to deal with the

re-distribution of the Institute books. As the financial report showed a deficit, the fee for 1920 was raised to 50 cents.

Mr. McDougall, in his remarks, was pleased to note the gratifying increase in teachers' salaries, due partly to special conditions but for the most part to great industrial development and democratic evolution. The nations of the world are being rapidly drawn into closest competition, and in order to be a successful participant, each must be well equipped educationally. In closing, he advised a careful oversight of all school grounds and premises. In order to insure systematic work, teachers should follow a carefully prepared timetable and not give too much time to individual work.

Mr. A. C. McPhail, in dealing with Entrance Literature, showed the need of improvement from the 1920 answer papers. Correct oral expression and reading depends solely upon a child's knowledge of the general meaning of the passage.

Mr. D. Ewart gave a splendid paper on 1st and 2nd Class Arithmetic. Addition and subtraction facts should be taken together. Problems should be concise and practical; mental work should receive more stress and drill is the secret of success.

The delegates to the O.E.A., Miss N. Harper and Miss McGuire, gave very interesting reports of the 1920 meeting.

On his retirement from the teaching profession, a unanimous vote of appreciation was tendered Mr. W. H. Shrapnell, of Watford, for his splendid services in connection with the East Lambton Teachers' Institute.

The Friday afternoon session was brought to a close with a discussion

on teaching of Agriculture and Fifth Class work.

MIDDLESEX AND LAMBTON BAPTIST RALLY

The annual Thanksgiving Rally of the Baptist Young People's Unions of Middlesex and Lambton counties was held on Monday, October 18th, in the Strathroy Baptist church.

The weather was ideal and the biggest attendance in the history of the Rally was registered. Delegates numbering some 300 from various societies throughout the two counties were present in good spirit, and the program of the two sessions (afternoon and evening) was carried out with dispatch and profit.

The three societies winning the pennants for the largest delegation were Egerton street, Adelaide street and Wortley Road, all of London. The Strathroy society obtained second place, but, through its president, Miss L. Strtham, stated that in view of the advantages in its favor, the visiting societies should have preference.

The afternoon session began with a vigorous song service, followed by a model meeting, which was put on by the Adelaide street Society, London. It was a missionary program, and six young ladies representing six great fields of missionary endeavor, —India, China, Bolivia, Africa, Japan and Korea, spoke.

Miss L. Pratt, of Petrolia, on furlough from India, gave a vivid account of missions in the Telugu country, a portion of India where Canadian Baptist missionaries labor. She stated that with the going into effect of a new law, whereby the Indians would have control of their educational work, Christian teachers would be needed lest Hindu beliefs should dominate the lives of the children.

There was also a great need for industrial workers at this time, and for more Christian pastors and doctors. The address made a fine young people their individual responsibility, even though their realm of service might not be abroad.

A keenly contested debate on the subject, "Resolved, that the B.Y.P.U. is more important than the prayer meeting," proved a most interesting feature of the day. The affirmative was upheld by three members of the Arkona society, and were opposed by three members from the Wortley Road society. Arkona getting the decision by a slight margin.

Rev. Robert White, of Brantford, a strong and sturdy Scotchman, gave an illuminating address in the evening on the four elements required for holiness, viz: Will-power in union with the will of God; a conscience void of offence; a loving heart and a loving mind. Pointed illustrations were used in each case to enforce these truths. The address was listened to with close attention, and was most inspiring.

The sessions were presided over by Rev. A. C. Bingham, London, who was re-elected president, with Rev. L. S. Haverstock, Strathroy, vice-president; Mrs. E. B. Dickison, Ark-

ona, secretary-treasurer; and Messrs. F. C. Pierce, London; Duncan Stewart, Ailsa Craig; and Rev. A. A. Barnes, Watford, councillors, as the new executive.

Resolutions recognizing the splendid work of the retiring secretary-treasurer, Miss L. Statham, Strathroy, and the right royal hospitality of the Strathroy society, were passed.

The delegates were served a sumptuous hot supper in the basement. The word heard on every hand at the close of the evening session was "The best yet."

The Rally will meet at Petrolia next year.

RICH, RED BLOOD THE GREATEST NEED

Nearly All Ills Are Due to Poor, Watery Blood—How to Improve Its Condition.

To be in a healthy condition the human body requires a constant supply of rich, blood. Nearly all the ills from which people suffer arise from one cause—poverty of the blood. If the blood is rich and red it absorbs nourishment from the food which passes into the stomach and distributes that nourishment to the brain, nerves, muscles and all the organs of the body. When the blood is weak and poor in quality it cannot do its natural work of feeding the brain and body, and the result is weakness and disease.

Headaches and backaches, loss of appetite, poor digestion, nervousness, pimples and unsightly blotches on the skin, all indicate that the blood has become impure—that it is not doing its appointed work. If this condition is not remedied it will grow worse and worse, and a complete breakdown will eventually occur. To bring about a healthy condition of the blood no medicine can equal Dr. Williams' Pink Pills. Their one mission is to make new, rich blood which reaches every part of the body, bringing with it new health and increasing vitality. Thousands have testified to the benefit they have found in the use of Dr. Williams' Pink Pills when run down in health. Among these is Mrs. Bertha Kendall, Darling avenue, Toronto, who says:—"In the summer of 1918 I was in poor health. My appetite was variable, and I was weak and unfit for work, and I suffered a great deal from nervous headache and palpitation of the heart. A lady friend recommended Dr. Williams' Pink Pills, which I used with splendid results, as by the time I had taken six boxes I felt like a new woman. I think Dr. Williams' Pink Pills are worth their weight in gold to every nervous, sick woman, as they cure quickly and save big doctor bills."

Dr. Williams' Pink Pills may be had from any dealer in medicine or by mail at 50 cents a box or 6 boxes for \$2.50 from "The Dr. Williams' Medicine Co., Brockville, Ont.

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