

**LIFE RUINED  
BY DYSPEPSIA**

ad "FRUIT-A-TIVES"  
Lofest Fruit Medicine



FRANK HALL

Wyevale, Ontario.  
Two years, I was a  
Chronic Constipation and

remedy I heard of  
success, until the wife  
merchant recommended

a box of 'Fruit-a-tives'  
to treatment, and my  
menecmed to improve

psia ceased to be the  
life as it had been, and  
Constipation.

I owe a great debt to  
or the benefit I derived

FRANK HALL,

for \$2.50, trial size 25c.  
s or sent postpaid by  
Limited, Ottawa, Ont.

EDICAL

WELL, PH. B., M.D.

M.B.M.A., England  
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ent Main and Front Sts.  
ont st., one block east

SAWERS, M. D.

Watford, Ontario.  
st. Residence—Ontario

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to 8 p.m. Sundays by

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GEORGE HICKS,

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ntal Surgeon, Post graduate  
own work. Orthodontia and  
the best methods employed to  
nt teeth.  
ite Taylor & Son's drug store  
rd.  
Arkona, 1st and 3rd Thurst-

HOWDEN

S. L. D. S.

the Royal College of Dental  
ntario, and the University of  
& Latest and Most Approved  
ethods used. Special attention  
to all teeth.  
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rd.  
Arkona, 1st and 3rd Thurst-

ary Surgeon.

GILLICUDDY

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DATE ONTARIO VETERIN

Dentistry a Specialty. All  
ic animals treated on se certifi-

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ST. CLAIR STREET

**YOUNG GIRLS NEED CARE**

Mothers! Watch Your Daughters' Health

Health Is Happiness



From the time a girl  
reaches the age of twelve  
until womanhood is estab-  
lished she needs all the care  
the thoughtful mother can  
give.

The condition that the  
girl is then passing through  
is so critical and may have  
such far-reaching effects  
upon her future happiness  
and health that it is almost  
criminal for a mother or  
guardian to withhold coun-  
sel or advice.

Many a woman has suf-  
fered years of prolonged  
pain and misery through  
having been the victim of  
thoughtlessness or igno-  
rance on the part of those  
who should have guided her  
through the dangers and  
difficulties that beset this  
period.

Mothers should teach their  
girls what danger comes  
from standing around with  
cold or wet feet, from lifting  
heavy articles, and from  
overworking. Do not let  
her overstudy. If she com-  
plains of headache, pains in the back and lower limbs, or if you notice a slowness  
of thought, nervousness or irritability on the part of your daughter, make life  
easier for her. She needs thoughtful care for a few years.

In all such cases Lydia E. Pinkham's Vegetable Compound should be given as  
it is especially adapted for such conditions. It contains nothing that can  
injure and can be taken in perfect safety.

Read how Mrs. Eicher helped her daughter. She says:  
"At the age of sixteen my daughter was having trouble every month. She had pains across her back and in her sides. Every month her back would pain her so she could not do her work and would have to lie down. My married daughter recommended Lydia E. Pinkham's Vegetable Compound and I read the books which were left at my door. She took it faithfully and is now regular and has no pain. We recommend the Vegetable Compound and give you permission to publish this letter in your little books and in the newspapers."—Mrs. KATIE EICHER, 4034 N. Fairhill St., Philadelphia, Pa.

Mrs. Williams will profit by her own experience. She says:  
"When I was thirteen years old I had sick spells each month and when I was very backward I would bear the pain and my mother knew nothing about it. I read in the daily paper about Lydia E. Pinkham's Vegetable Compound and took my own spending money and bought a bottle. It helped me so much that I took it regularly after that until I had taken two bottles and I did not have any more pain or backache and have been a healthy, strong woman. I am now 39 years old and have a little girl of my own, and when she gets old enough I shall give her none other than Lydia E. Pinkham's Vegetable Compound."—Mrs. C. E. WILLIAMS, 2437 W. Toronto St., Philadelphia, Pa.

For almost fifty years Lydia E. Pinkham's Vegetable Compound has been helping women, young and old, of ailments peculiar to their sex. Ask your neighbor about it, for in every neighborhood there are women who know of its merits.

Thousands of letters similar to the above are in the files of the Lydia E. Pinkham Medicine Co., and for years such letters have been published. Surely it is worth your while to make a fair trial of Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

Became a Canadian.

Rev. H. A. Berlitz, who was elected on January 1 to be a school trustee in the city of Toronto, has had an eventful career. Born in the new Republic of Latvia, he is a descendant of the old French nobility. This little country has proved to be one of the most progressive of the European republics, and has already established a mercantile marine of its own. Its flag is red, with a white bar.

Mr. Berlitz came to Canada in 1907 and was naturalized in 1906, when he entered Knox College and surprised everyone with the brilliance he exhibited in mastering the language of his adopted country. In 1909 he graduated and entered the Presbyterian ministry. His first charge was at Victoria Harbor, Ont., and from there he moved to the Robertson Memorial Church at Winnipeg. In May, 1917, he became pastor of Rhodes Avenue Presbyterian Church, Toronto, and has attracted such attention that his church is now overcrowded. Few persons would suspect that Mr. Berlitz was of foreign birth; as in appearance, voice and manner he is thoroughly British. More than this, he is British in spirit, being imbued with the highest of British principles and enthusiastic for the well-being of the land of his adoption. During the recent elections he proved himself to be the most eloquent speaker on any of the platforms. At one meeting an opponent called out: "What nationality are you?" To which Mr. Berlitz replied emphatically: "I am a Canadian."

Canada's Peat Bogs.

The peat bogs of Canada contain at least 9,000,000,000 tons of peat. It is not certain whether Canada's supply can be utilized enough to be a great commercial success. The countries which have met with the most success in putting peat on a paying basis are Germany, Sweden and Italy. Canada's product is quite up to the standard of the European, although the European countries have an advantage, as most of them have had specially constructed furnaces for the use of peat.

Poison Pistol.

One is not permitted to carry fire-arms, but a "poison pistol" is different. There is no law forbidding it. It is a new idea, the invention of a Frenchman—most like an ordinary pistol in appearance, but without cartridges or bullets. Its handle, however, contains a poison gas fluid. If a bandit comes along, you press the trigger, and the pistol shoots a thin stream of the fluid in his face. It puts him out of business instantly.

WATFORD'S NEW SKATING RINK STOCK TEN DOLLARS A SHARE. HOW MANY SHARES HAVE YOU TAKEN?

SCHOOL REPORTS

Report of S. S. No. 9, Brooke, for February, 1921. Class IV Sr.—Alma Johnston, Orville Shugg, Gladys Zavitz. Jr.—Edna Dolbear, Kathleen Annett, Clayton Chittick. Class III Jr.—Cecil Dolbear. Class II—Vera Johnston, Harold Annett. Primer—Charlie Annett, Ralph Annett.—A. M. COWAN, Teacher.

Report of S. S. No. 17, Brooke, for the month of February, 1921. Class IV Sr.—Muriel Parker. Class III Sr.—Ada Coristine, Fred Kidd, John Rundle. Jr.—Elsie Coristine, Raymond Kidd, Goldie Lucas. Form 1—Norma Kidd, Victor Kidd, Mary Shirley, Garnet Rundle. Primer—Alex. Coristine, Marjorie Coristine, Margaret Lucas, Doris Brain.—F. SMITH, Teacher.

Report of S. S. No. 5, Brooke, for months of January and February. Class IV Sr.—Total 900—Alice Sutton 612, Allan Higgins 502. Class III Jr.—Total 800—Bert Oakes 461, Aileen Sutton 431. Class II—Total 500—Lyman Woods 273. Class I—Total 350—Grant Smith 277, Alice Coristine 206. Primer Sr.—Total 450—Ross Chambers 397, Verna Watson 388, Verna McVicar 364. Primer Jr. Total 450—Gordon Lucas 377.—N. KELLY, Teacher.

The following is the report of S. S. No. 13, Brooke, for month of February. Class IV Sr.—(Edna Griffith and John Lucas) equal, Jas. Burns. Class IV Jr.—Kathleen Burns Margaret Lucas. Class III Sr.—Mary Lucas, John Griffith. Class II—Hazel Griffith, Janet Hewett absent. Class I—Fisher Burns, Gerald Swan, Clarence Johnston, Mina Lucas absent. Primer—George Melton, Marjorie Rowland, Merle Lucas, Maxwell Rowland.—M. A. COKE, Teacher.

Report of S. S. No. 2-7, Brooke and Warwick, for February. Class IV—Allen Heaton, George King. Class IV Jr.—Pearl Acton. Class III Sr.—Winnifred Hume, Mary Barron, Mary Mitchell, Leah Heaton Class II—Frederick Maude. Class I—Daniel Maude, Rosalie Mitchell, Nelen Higgins, Helen Hartman. Primer—Verlye Higgins, Ross Edwards, Teresa Barron, Donald Hume, Max Mitchell.—JANET LEACH, Teacher.

Report of S. S. No. 16-18, Brooke and Warwick, for month of Feb. Class IV Sr.—Lena Bryce 70, Jr.—Annie Higgins 62, Audrey King 55, Grant Kelly 52, Stanley Hayward 46, Merton King 37. Class III Sr.—Ethel Moffit 75, Jack Kelly 74, Austin Kelly 60. Jr.—Mary Moffit 22, Class II—Mervyn Mansfield 81, Marjorie Leach 78. Class I—Walter Kelly 93, Esther McGill 75, Leyden Bryce 48. Primer—Ross McGill, Herbert Hayward, Hughean Thrower, Margaret Leach.—A. W. KELLY, Teacher.

Report of S. S. No. 10, Brooke, for February, 1921. Percentage given. Class IV Sr.—Charlie Miller 87, Margaret MacLean 84, Dorothy Delmage 78, Ruby Atchison 77, Elsie Hair 58, Helena Bowie 48. Class III Sr.—Howard Pitz 87, Harold Hair 84, Pearl Powell 80, Johnnie Scott 66, Ervin Dempsey 65. Jr.—Pearl Miller 88, Mary Reid 69, Ralph Pitz 63. Class II—Horace Delmage 89, George Seanson 83, Clarence Hair 70, Minnie MacLean 58. Class I—John Seanson 85, Will Seanson 73, Johnnie MacLean 53. Primer—Alice MacDonlad, Edith Dempsey, Margaret MacLachlan, Jimmie Hair.—E. A. Cowan, teacher.

HEARING OF VETERAN HAS BEEN RESTORED

George H. Murphy, a second-year student in chemical engineering at the School of Science, has recovered his hearing after several years of stone deafness as a result of shell shock while serving with the Canadian forces in France. As sudden as the loss of his hearing was the miraculous recovery, and his aricular powers are as good now as they ever were. It was while he was in one of the frat houses that Mr. Murphy realized he could hear, but to make sure that he was not merely the victim of some prank of the imagination he ran into the music room and struck a note on the piano and to the amazement of his friends reproduced the note and demonstrated to himself as well as the others that he could hear once again.

Growing Old Gracefully



Are you growing old gracefully? Who wins in the race of life? Is it the man who is thin-blooded, weak, tired all the time?

An athlete trains for every race. A man is as strong as his blood and as old as his arteries. Make your blood redder, your health better by taking that old fashioned blood tonic—sold fifty years ago and still "good as gold"—namely, Dr. Pierce's Golden Medical Discovery. Sold by all druggists, or send 10c. to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., for a trial package.

CHATHAM, ONT.—"For many years I suffered with stomach trouble, and I tried many remedies, but they seemed to be a failure—I seemed to be getting worse instead of better. One day I came into possession of a bottle of Dr. Pierce's Golden Medical Discovery and took it, and my stomach trouble seemed completely cured. I have great faith in this medicine, and hope any sufferer that reads this will give the 'Discovery' a trial. Once tried, you will never be without it."—C. TRUSS, JR., 28 Duke St.

FALL FAIR DATES 1921

Strathroy	19, 20, 21 Sept.
Watford	22, 23 Sept.
Petrola	26, 27 Sept.
Sarnia	28, 29, 30 Sept.
Glencoe	29, 30 Sept.
Forest	3, 4 October
Brigden	4, 5 October
Wyoming	6, 7 October
Florence	6, 7 October
Wilkesport	10, 11 October
Alvinston	11, 12 October

WHAT TO DO FOR STOMACH TROUBLE

Good Advice From One Who Had Suffered Much.

Nine-tenths of all forms of indigestion or so-called stomach trouble are not due to the condition of the stomach at all, but are caused by other influences. The great contributing cause of indigestion is thin blood. Good blood and plenty of it is required by the stomach to take care of the food. If the blood is thin the stomach functions sluggish, food lies undigested, gas forms and causes pains in various parts of the body. Instead of getting nourishment from the blood the system gets poison.

Relief from this condition can be obtained by the tonic treatment which Mr. D. Shaw, Mt. Stewart, P. E. I., tried and now warmly recommends to others. Mr. Shaw says: "I suffered from indigestion for over four years, and have tried many of the well-known remedies for such troubles, but never obtained more than temporary relief. The trouble was aggravated by constipation setting in owing to the stomach failing to do its work, and laxatives only gave relief to the bowels and left the stomach in worse condition. The result was my blood was growing more and more anaemic, I did not sleep well at night and was growing despondent. I was in this wretched condition when a friend advised me to try Dr. Williams' Pink Pills. I got three boxes and by the time they were finished there was some change for the better. This greatly encouraged me and I continued taking the pills for some three months, by which time my stomach was all right again, my blood good, nerves strong and life was again worth living. My advice to all who suffer from stomach trouble is to give Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WATFORD'S NEW SKATING RINK STOCK TEN DOLLARS A SHARE. HOW MANY SHARES HAVE YOU TAKEN?

**MARTIN-SENOUR**  
100% PAINT & VARNISHES

**Feet That Never Touch the Floor**

A worn floor spoils the look of your home and is impossible to repair, but if you keep your floors painted, feet cannot touch them. Let the paint wear but save the wood. Save the surface and you save all.

**SENOUR'S Floor Paint**

is easy to use, dries very hard with a high lustre and will withstand a great amount of hard wear. No skill is required in using SENOUR'S FLOOR PAINT. Anyone can apply it. The result will greatly enhance the beauty of your home and much labor will be saved for the floors will be very easy to keep clean.

Come in and let us give you full particulars. We have a full range of shades in this and every other MARTIN-SENOUR Product. There is a MARTIN-SENOUR Paint or Varnish for every need. We will be glad to advise you.

**J. McKercher**  
WATFORD

"Save the surface and you save all—Paint & Varnish"