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Now is in the Best of Health because she took Lydia E. Pinkham's Vegetable Compound

Kessock, Sask.—"My mother has taken Lydia E. Pinkham's Vegetable Compound and upon learning of my troubles advised me to try it, as I seemed all run down after the flu and had leucorrhoea very bad. I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine and used the Sanitive Wash also Dr. Brown's Capsules and Prescription and am much better in every way. I am willing for you to use my letter as a testimonial, as I recommend your medicines."—Mrs. IRENE NELSON, Kessock, Sask.

It is not always in business that a woman is forced to give up her work on account of ill health. It is quite as often the woman who does her own work at home. When backaches and headaches drive out all ambition, when that bearing-down sensation attacks you, when you are nervous and blue, the one great help for such ailments is Lydia E. Pinkham's Vegetable Compound.

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Residence—Front st., one block east of Main st.

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For Sale. Also eggs for hatching from Silver Grey Dorkings, good layers and winners at all best shows including Toronto C. N. E., and Garden also Western London and Guelph Winter, also Black Leghorns, can supply lots of 100 or more.
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PLOWMEN MEET

A meeting of the executive of the Lambton branch of the Ontario Plowmen's Association was held in the Agricultural office, Petrolia, Wednesday afternoon. President Johnston Vance, Inwood, presided. The date of the next plowing match was set for October 27 and will be held in Brooke township. Although this will be the second match to be held in Brooke, the executive decided to do so owing to the generous treatment received from the Brooke and Alvinston Agricultural Society in loaning \$250, and which action made possible the formation of a plowing association. It is, however, the intention of the executive to hold the plowing matches in the different townships throughout the County, from year to year.

FARM LAND INCREASES IN VALUE

Ottawa, Feb. 26.—The average values of farm land in Canada were higher in 1920, as also were farm wages, but values of farm live stock and of wool showed a considerable decrease, according to the Dominion bureau of statistics' annual report for the year in question.

The average values of occupied farm land in Canada, including both improved and unimproved land, together with all classes of farm buildings, was \$48 per acre, as compared with \$46 in 1919, \$41 in 1918, \$38 in 1917, \$36 in 1916 and \$35 in 1915.

Average farm wages increased over the preceding year. The average value per head, all ages, for horses in Canada was \$106 as against \$119 in 1919; cattle, \$59, against \$70 in 1919; sheep, \$10, as against \$15 in 1919; swine, \$23, as against \$25. The approximate values of farm stock in 1920, with 1919 values in brackets, was Horses, \$361,328,000 (\$435,070,000); cattle \$561,500,000 (\$708,081,000); sheep, \$37,263,000 (\$50,402,000); swine, \$81,155,000 (\$102,309,000). The total value of these descriptions of live stock for 1920 amounted to \$1,041,246,000, as compared with \$1,296,602,000. The total value of farm poultry in 1920 was \$37,016,000.

W. J. COULTER APPOINTED LICENSES INSPECTOR

High Constable William J. Coulter is the new liquor license inspector for West Lambton. Official notification of his appointment to succeed the late George Lucas has been received from the Ontario Government and he was sworn into office Friday by County Crown Attorney F. W. Wilson. Subsequently he drafted and forwarded to Warden J. T. Sproule his resignation as chief of the county constabulary, requesting immediate acceptance so as to enable him to take over his new duties by March 1.

By reason of previous experience in both city and county police work the new appointee is admirably fitted for the task of enforcing the O. T. A. in the district. Following his appointment as high county constable, Inspector Coulter was associated with the late license inspector in the prosecution of O. T. A. violators in the district and consequently has a good insight into the duties of his new office. While on the City of Sarnia police force he gained the reputation of being an efficient officer and during his brief term as high constable has maintained that reputation and in some respects enhanced it, in fact county councillors expressed surprise at the amount of revenue turned into the county exchequer during the past six months. They also expressed pleasure at the absence of crime in the county under his regime.

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NO Smoking—No Spraying—No Snuff
Just Swallow a Capsule
RAZ-MAH is Guaranteed to restore normal breathing, stop mucous gatherings in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. \$1.00 at your druggist's. Trial free at our agencies or write Templetons, 142 King W., Toronto.
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A RAISIN JACK RHAPSODY

'Twas a wintery day in summer,
The rain was dry, alas!
The barefoot boy with his shoes on
Stood sitting in the grass.
While the organ peeled potatoes,
Lard was rendered by the choir;
While the sexton rang the dish-rag
Someone set the church on fire.
'Twas midnight on the ocean,
Not a trolley car in sight;
The skipper called a taxicab
And rode all day that night.
—Blind Pig Byron.

GOOD HEALTH CAN BE YOURS

If Your Blood Supply is Kept Rich and Red.

It is a waste of time and money to fight merely the signs of disease; in the long run you are probably worse off than when you started. What is far more important is that you should intelligently examine the various symptoms and trace the cause. When you remove the cause, health will be yours. For example, anaemic people often endure months of suffering while treating its symptoms, such as indigestion, shortness of breath, palpitation of the heart and exhaustion after any small effort.

The apparent stomach and heart troubles are generally nothing more than the result of an insufficient supply of pure blood. This anaemic state may have followed some previous illness, or an attack of influenza or it may have arisen from over-work, worry or too little fresh air. To obtain good health the simple and proper course is to build up the blood, but to do this you must select a reliable remedy with a reputation such as Dr. Williams' Pink Pills. These pills enrich the blood which carries nourishment to all the organs of the body and enables them to do the work nature expects of them.

Thousands of men and women have proved this for themselves. One of these is Mrs. T. Flynn, R. R. No. 1, Erinville, Ont., who says: "Last spring I got into a badly run down condition. I had no energy; work left me exhausted, and the least exertion would make my heart palpitate violently. I had often read of Dr. Williams' Pink Pills, and decided to give them a trial and got a half dozen boxes. I had not been taking the pills long when I felt a decided improvement in my condition and by the time I had used the six boxes I could do my housework with ease. I can strongly recommend Dr. Williams' Pink Pills to all weak people." You can get these pills through any dealer in medicine, or by mail postpaid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE STORY OF INDIAN CORN

Nothing could be more romantic than the true story of Indian corn, yet we have been in the habit of paying no attention to it, or when we did notice it, of confusing it with many different sorts of grain.

Strange to say, no one can tell when this grain first began to be cultivated, but it is almost certain that it first grew in South America. When white men discovered North America this was the most useful article of food the red men had. True, they had beans, and pumpkins and squashes, and they gave these and their corn patches a certain rude kind of cultivation, but corn was their mainstay. Sometimes they ground the kernels into a fine powder and of it made a sort of bread. They gave some pieces of this to Columbus soon after he landed, and he found it capital eating. He wrote home to Spain about it, calling the powder by its Indian name mahiz, or as near as his Spanish tongue could come to it, and it is from this that we get our word maize.

It is hard for us to realize what this meant in the early history of our country. Our ancestors saw how the Indians planted this grain of theirs without any long plowing or harrowing of the ground. They watched how they scratched the seed in; watched how they girdled the trees with a stone hatchet, so as to destroy their leaves, and let in the sunshine; and then saw to their astonishment how the corn grew and flourished. True, it would have given a better crop if the preparation had been better, but it did grow, and

and best of all, without being either harrowed or winnowed, it made good food. John Fiske, the historian tells us that in his opinion this plant actually saved the lives of the starving colonists in the first terrible winter or two on that bleak New England coast.

VAST WEALTH TAPPED.

Rich Resources Will Be Reached by New Railroad.

Two lines of steel are piercing the heart of the Land of Lobstick and Lode, that musky wilderness stretching north from the Saskatchewan river which since the advent of the white man (1670) has been sacred to Esquimaux, Indians, trappers and traders. The railroad, starting from Le Pas at the junction of the Saskatchewan and Opasquat rivers, already has driven 359 miles north-eastward. Eighty miles more of track, which will be completed before mid-summer of 1921, will reach the northern terminus at York Factory (Port Nelson) on Hudson Bay.

A Canadian wizard of wheat recently has added, to the striking achievements of inventing Kitchener wheat, Improved Marquis, and several lesser varieties, an absolutely new variety of red wheat known as Red Top. With Red Top he has established a world's record of 84 bushels to the acre on his experimental farm near Prince Albert, Saskatchewan. And Red Top matures from ten to fifteen days before Kitchener, Marquis, or any other northern wheat! Red Top, maturing an average of twelve days earlier than any other variety of wheat, pushes northward the boundary of Canadian wheat lands by at least 125 miles!

The relation of this discovery—the result of seven years of continued experiment—to the new Hudson Bay Railway becomes immediately apparent, says Mr. Reed in the Scientific American. He continues: For a decade export wheat has been tied up, and made unprofitable at Montreal because of car shortages, vessel shortages, and demurrage charges. The Canadian Government, in building the new road from Le Pas to Port Nelson, is planning to ship via Hudson Bay all of Central and Western Canada's wheat destined for export, thus relieving forever the congestion and obnoxious delay.

The new route will save—outside demurrage charges for delay—the cost of shipping 547 (net) miles from Winnipeg, 650 miles from Regina, 885 miles from Bragdon, 1,188 miles from Edmonton, and 1,311 miles from Prince Albert. The new wheat zone must ship via this route, as the net saving in distance varies from 100 to 225 miles more than that mentioned in the above figures.

If the new railroad had no other mission it would be of immense importance. As a matter of fact, however, it opens a means of transportation to one of the richest mineral districts in the world. Herb Lake, Schist Lake and the Flin-Flon region are merely three of a dozen copper, silver and gold properties. Some of the world's richest copper mines lie in the Flin-Flon district. In the States they talk with awe in their voices of Anaconda and other properties which yield from 12 1/2 to 6 per cent. copper ore. There exist to-day a half-dozen mines north of Le Pas which are producing ore that yields from 18 per cent. upward!

There has been grave difficulty with the disposal of mined ore. So far it has been carted overland to Trail, B. C., for smelting, and thence clear to Elizabeth, New Jersey, for refining and sale. The new railway, however, will cut out at one swoop half of the expense. A fair fraction of the remainder will be done away with in two years, when smelters and refining plants are erected.

Learning About Canada.

Canadian history, facts and statistics, is to form a permanent subject in the English school curricula commencing this year. This will be in addition to geographical information contained in the ordinary text-books. A monograph on Canada will be compiled later by Prof. W. L. Grant of Upper Canada College, Toronto, for issue to every member of the National Union of Teachers of the British Isles for use in a series of school lessons on the Dominion. These will include Canada's climatic and physical features, Government, economic development, and also illustrated lectures. Miss Durban of British Columbia already is lecturing to scholars under the auspices of the Victoria League, which is arranging the correspondence between Canadian school children and those in Britain.

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In Use For Over 30 Years

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'To him that hath shall be given'

Was the Biblical version of our modern saying: "Nothing succeeds like success." So it was with Dr. Pierce, of Buffalo, N. Y., who, over 50 years ago, gave to the world a Prescription which has never been equalled as a tonic for the weakness of women. Many women in every hamlet, town or city will gladly testify that Dr. Pierce's Favorite Prescription did them a world of good. Ask your neighbor.

Another of this great physician's successful remedies is known as Dr. Pierce's Golden Medical Discovery and, like the "Prescription," is now sold by druggists everywhere, in both liquid and tablets. This medicine was a success from the start, for the list of men and women all over the universe who have successfully used it for indigestion and as a blood tonic and system builder, makes an amazing total of thousands.

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...19, 20, 21 Sept.
...22, 23 Sept.
...26, 27 Sept.
...28, 29 30 Sept.
...29, 30 Sept.
...3, 4 October
...4, 5 October
...6, 7 October
...6, 7 October
...10, 11 October
...11, 12 October

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