

WHOLE FAMILY USES THEM

"Fruit-a-tives" Keeps Young And Old In Splendid Health



J. W. HAMMOND Esq. SCOTLAND, ONT., Aug. 25th. 1913 "Fruit-a-tives" are the only pill manufactured, to my way of thinking. They work completely, no gripping whatever, and one is plenty for any ordinary person at a dose. My wife was a martyr to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money until we happened on "Fruit-a-tives". I cannot say too much in their favor.

We have used them in the family for about two years and we would not use anything else as long as we can get "Fruit-a-tives". Their action is mild, and no distress at all. I have recommended them to many other people, and our whole family uses them.

J. W. HAMMOND. Those who have been cured by "Fruit-a-tives" are proud and happy to tell a sick or ailing friend about these wonderful tablets made from fruit juices. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

A. D. HONE & SON Painters, Decorators

Good Work. Prompt Attention. Reasonable Prices. Estimates Furnished. Satisfaction Guaranteed

A. D. Hone : Clarence Hone RESIDENCE : ST. CLAIR ST. WATFORD

Farmers Attention

WE HANDLE COOKSHUTT IMPLEMENTS MELOTTE CREAM SEPARATORS KEMP MANURE SPREADERS TORONTO WINDMILLS BUGGIES, WAGONS GASOLINE ENGINES LIGHTNING RODS - AND - EVERYTHING NEEDED ON THE FARM Call and let us talk matters over.

CAMERON & GRAHAM OPPOSITE HOWDENS' GROCERY

High School Regulations

The Provincial Minister of Education announces to all teachers and candidates concerned that the new high school regulations, issued in the course of a few days, make the provision that in lower school examination for entrance into the Normal school and Faculties of Education, Middle School examination for entrance into the Normal schools, and Upper schools examination for entrance into the Faculties of Education, any candidate may carry over a subject thereof, to another examination of the same or higher grade, provided that: (a) He has made on that subject not less than 25 per cent. of the marks assigned thereto, and (b). His standing on the first examination, omitting that subject and his standing on the second examination, including the former subject, are each of the prescribed standard. An Upper School examination in any one of the following subjects will be accepted instead of an examination in the corresponding subject carried over from the Middle School examination. English literature, English composition, algebra, geometry, physics and chemistry. All candidates at these examinations in June last who are entitled to the standing indicated will have statements of marks sent to them, showing the standing awarded under this regulation. Accordingly, an application on the part of a candidate is unnecessary.

Children Cry FOR FLETCHER'S CASTORIA

Our Prayer To-day

Tune: "God Save the King." To Thee, O God, to-day, We fervently do pray, God save our land! War's sombre cloud is spread Our nation overhead; And hearts are filled with dread; Hold Thou our hands. Give suffering hearts Thy balm, And restless spirits calm; Make us assured That from this vale of strife Where violence is rife, Shall rise a better life, And wrongs be cured. No other power but Thine, Supreme because divine, Can bring us peace; O haste the day, dear Lord, As promised in Thy word, When there shall be no sword, But wars shall cease. O God, we pray that Thy guiding hand may see As Thou dost lead; May we live true to Thee And to humanity; Thus will our destiny Prove bright indeed.

CHAS. H. BARKER.

What is Watford Going to do About the Canadian Patriotic Fund?

The following is the appeal of H. R. H. the Duke of Connaught to the people of Canada, and explains the objects of the Fund:

THE APPEAL

To the People of Canada: In response to urgent appeals from many parts of the Dominion, I inaugurated the Canadian Patriotic Fund, the object of which is to provide for the needs of the wives, families and dependent relatives of those who go to the front to fight the battles of Great Britain and her Allies. Unless generous-minded citizens come to their aid, there will be during the coming winter, much hardship in many families owing to the absence of the bread winner.

I have the greatest confidence that those that are in a position to give, need but the opportunity of doing so, and that the response will be widespread and generous.

During the past few days the Canadian Patriotic Fund has been duly organized, a strong executive, representing the whole Dominion, has been appointed, and a central bureau established at Ottawa.

I sincerely hope that in every city and town throughout the Dominion, branches of this organization may be formed, full particulars of which can be had by addressing the Honorary Secretary, H. B. Ames, M. P., Ottawa.

By co-operating and harmonizing benevolent efforts in this way, the danger of overlapping on the one hand, or neglecting deserving communities, on the other hand, may be met and overcome. I am convinced that all Canadian hearts will go out to their brave fellow-citizens who have gone to the front. A prompt and hearty response to this appeal will put all anxiety at rest about those near and dear to them, and will also afford to those who cannot go an opportunity of doing their duty to Canada and the Empire.

(Signed), ARTHUR, President, Canadian Patriotic Fund. The Hon. W. T. White, Finance Minister of the Dominion, Ottawa, is Hon. Treasurer of the Fund.

As Much Heroism in Matrimony as War

"It is as natural for men to want to go to war as it is for women to want to get married," remarked Flick to his guest. "Both know better, but still they feel called."

"A civil woman looks with envy on those who have children and a civilian looks with envy on the chest that swells beneath brass buttons."

"The amount of discipline that a woman gets through matrimony is equal to the discipline meted out to a soldier. Usually when he is in the midst of a game of skittles or a good sound sleep or square meal some troublesome enemy thrusts forth his head, and bang! The soldier must jump and get busy with his gun."

"Similarly when a mother has arranged to see Sarah Bernhardt play the "Bleeding Heart" or "Untold Mystery," or some such diverting masterpiece, the kids fall down cellar and break their noses. A mother has to be just as ready to stand disappointment as a soldier who must leave his bride at the altar. When a soldier finds himself in a shady camp—Bingo? Orders to march! When a mother has planned a nice recreational trip—bingo! Measles and mumps follow one another through the family."

"Women know all these things, but it doesn't stop them from getting married. Everybody knows their weakness. Every time a single woman stops to talk to a single man the real estate and furniture dealers come flocking from all directions ready to sell them a home."

"Every woman wants a home, just as a man wants a sword to hang upon his wall. "But it isn't all sentiment, matrimony isn't. There is as much heroism in matrimony as in war, and a whole lot more. A woman with a sick child on her hands has to be braver than a man storming a fortress in a cannon's mouth."

"If things get too warm for a soldier he can still run. A mother can't run. Where would she run to? And she can't surrender."

"When the baby begins to squall Gen. Jackson, Napoleon Bonaparte or Francisco Villa can take to the woods six feet at a jump. But a woman must stay and

fight it out.

"It is nature for men to face red hot fire and thunder if need be, but not crying babies. Woman can face anything on earth that they have to face, clear up to the babies, though they squall like forty cats tied in bowknots and exposed to the influence of soft, seductive moonlight."

Canada's Soldiers on the Atlantic

(Printed at the request of the Minister of Militia)

Valcartier, Sept. 24.—The major part of Canada's contingent for service in Europe is already on its way to the front, in transports heavily armed and guarded by British men-of-war in sufficient force to prevent any attack by German cruisers.

A fleet of war vessels, consisting of battleships, cruisers and destroyers had been gathered at Quebec by Admiral Wemyss and other warships collected at convenient points. More than a week ago the transports at Quebec commenced taking on war stores, and since then there has been a steady flow in the direction of Quebec from the camp.

As the transports were loaded they steamed seawards, and the conveying war vessels picked them up, forming a sufficiently strong protective force for the various groups. All the transports were fitted with heavy guns.

A portion of the infantry and all the artillery, with much of the equipment, have already departed.

The departure of the remainder will quickly follow.

A Plumper Neck

The girl who wants to improve her neck and chest has the only apparatus she needs in the door of her own room. There she can take a deep breathing exercise. First she stands erect in the doorway with toes on the centre of the sill and the palms of her hands placed against the side of the door frame on a level with the shoulders. Then she takes a deep breath and steps forward as far as possible, first with one foot and then with the other, always keeping one foot on the sill. While forward she exhales deeply. This should be repeated several times, care being taken at first not to tire the unaccustomed muscles. This exercise, regularly taken, develops the chest and helps fill out the hollows around the collar bones.

The Old, Old Rose

The rose is the oldest flower of which there is any record. So great is the antiquity of the rose that all account of its origin has been lost. In Egypt the rose is depicted on a number of monuments believed to be dated from 3000 to 3500 B.C.

Stupefying Figures

We do not begin to take in the magnitude of this war. We lightly call it the greatest in history; but how great, we have no conception; the figures are beyond us. The number engaged on the British side at Waterloo before the arrival of Blucher was some seventy-five thousand, of whom less than half were British veterans. The local levies did not stand the shock of arms. Sixty-five years later, at the battle of Sedan, which determined the fate of France, the French had 121,000 in the field. Again forty-four years later, at the battle of Allenstein, a battle of which the ordinary reader of three or four extras a day has almost no consciousness—the losses reported and admitted by the Russians were 60,000 Russians and 70,000 Germans. We do not know the numbers engaged, but this means six figures. In the contemporary battle before Lemberg the numbers engaged were stated by the Austrian government to be three million—the greatest battle in history. At the battles now raging across France from Paris eastward the number engaged was estimated as high as three millions, though it would probably be safer to say two. It is modern facilities for transportation that make these, mighty armaments possible. The increase in the destructive equipment of these armies is many times more than in proportion to the increase in numbers. The numbers of slain and incurably injured when published will stagger humanity. At this accelerating rate of progress what will the next war be?

Corns cannot exist when Holloway's Corn Cure is applied to them, because it goes to the root and kills the growth. In the last ten years women lawyers have increased 33 per cent.

Turkish rugs are largely made by women and children, who are paid from five to 25 cents a day.

Women employed in the cigar and tobacco factories of Pennsylvania outnumber the men by over 3,000.

Over nineteen per cent of the wage-earners in Pennsylvania are women.

Women now excel in swimming, dancing, riding and figure skating.

Pennsylvania has 6,869 women farmers and 6,095 females employed as farm laborers. Anna Held, the French actress, recently won \$7,000 on a dream she had about a race horse.

Healthy Bowels Rexall Orderlies

Perfect health can only be obtained by keeping the bowels regular. If your bowels do not daily carry away the waste left after the food is digested, decay sets in, producing poisons which are taken up by the blood, frequently resulting in Typhoid Fever, Appendicitis and other serious and fatal diseases.

To keep the bowels healthy and regular you must help, not drive, Nature by using Rexall Orderlies which are mild and gentle in their action, producing neither griping, nausea, nor any other discomfort.

Rexall Orderlies cannot injure the delicate tissue of the bowels, and, as they do not re-act, it is only necessary to take them for a short time to cure constipation.

If after you have tried Rexall Orderlies you are not perfectly satisfied with them, we will return you your money.

Sold only at the more than 7000 Rexall Stores and here only at this one.

The Rexall Store

J. W. McLARENI

WATFORD, ONTARIO

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD

FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL

AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

PHONE 39

JUST ARRIVED

WE have just received a shipment of Bridal Rose China, the largest seller in America to-day. A No. 1 china with dainty rose wreath decoration. This is a stock pattern and can be bought in odd pieces in any town over 2000 in Canada.

- Cups and Saucers.....\$2.75 per doz.
- Bread and Butter Plates.....\$1.50 per doz.
- Tea Plates.....\$2.25 per doz.
- Breakfast Plates.....\$2.75 per doz.
- Dinner Plates.....\$3.00 per doz.
- Round Vegetables.....\$1.80 each
- Oatmeal Bowls......15 each
- 40-Piece Tea Set.....\$6.50 each
- 97-Piece Dinner Set.....20.00 each

Every piece of genuine is stamped "Bridal Rose."

The N. B. HOWDEN EST.

Nothing But the Best

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents For MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES

Our Prices are right, as low as is consistent with reliable goods

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS