

SUFFERED DAY AND NIGHT

The Tortures of Dyspepsia Relieved By "Fruit-a-lives"

LITTLE BRAS D'OR, C. B.
"I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches and did not sleep well at night. Finally, a friend told me to try 'Fruit-a-lives'. In a week, the Constipation was corrected and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Protect the child from the ravages of worms by using Mother Graves Worm Exterminator. It is a standard remedy and years of use have enhanced its reputation.



LIVESTOCK FOR SALE

Shorthorn, Angus
Hereford, Holstein
Ayrshire, Jersey
Farmers and stockmen desiring to purchase purebred registered males and females, individually or in car lots, should communicate with the Secretary of the Lambton County Pure Bred Livestock Breeders' Association.

Up-to-date lists of the pure bred livestock for sale in the county kept on hand. Expert assistance will be given to all parties desiring to purchase herd sires. Parties desiring to list their animals should communicate with the Secretary.

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FIRE, ACCIDENT and
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GOOD SECURITIES FOR SALE

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Tickets sold to all points in Manitoba, Northwest and British Columbia.

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(Established in 1875)

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For Sale, some extra good shearing and two-year-old rams. Good selection of lambs—either sex. Must reduce stock as I have sold one farm.

ED de GEX, Kerwood P.O.

GRAND TRUNK RAILWAY TIME TABLE

Trains leave Watford station as follows:

GOING WEST
Accommodation, 111, 8.44 a.m.
Chicago Express, 17, 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, 7.38 a.m.
Chicago Express, 6, 11.16 a.m.
Accommodation, 110, 2.28 p.m.
Accommodation, 112, 5.45 p.m.

(a)—Stops to let off passengers from Toronto.
(c)—Stops to let off passengers.
C. W. VAIL, Agent, Watford.

DISTRESS IN EUROPE

British Empire Effort to Help Smaller Nations.

Canadian Red Cross to Organise
Appeal on Behalf of Orphans—
Call to Be Made in Armistice
Week.

An urgent appeal for aid to combat the widespread disease and distress in the war-stricken areas in Europe has been made by the League of Red Cross Societies to the nations which have suffered least from the war. In response a War Relief Fund has been undertaken in Great Britain with an Empire-wide appeal for contributions. The Fund is under the immediate patronage of His Majesty the King and has the support of all parts of the Empire.

His Excellency, the Governor-General of Canada, having received communications from London upon this matter, consulted the Prime Minister, and with his approval referred the question to the Canadian Red Cross Society, and it was arranged for an appeal to be made in Canada during Armistice week in November. The Fund will be known as "The British Empire War Relief Fund."

To Make Known the Need.

The Canadian Red Cross Society accepted the task of making this appeal known throughout Canada only in view of the relentless circumstances and the humane desire to help to alleviate the terrible suffering of a large number of peoples. The reasons are numerous and compelling. Large populations are suffering from distress and disease. Millions of innocent children are among them. Even in time of peace great numbers of their people lived close to the bread line. The war drained them of all their surplus resources.

Through the years of strife they were denied all but the bare necessities, and their condition now is pitiful indeed. History has repeated itself. The diseases which took such fearful toll of human life after the Thirty Years' War, the Seven Years' War (1757-65), and the Napoleonic Wars are again widespread, and now there are millions of people in Galicia, Poland, Jugo-Slavia and Roumania who, in addition to being poverty stricken, are in the direct path of despair on account of disease. In some twelve countries, most of which were either our Allies or friendly to the Allied cause, modern civilization is faced with the inevitable consequences of a great war through partial famine and pestilence.

A Previous Epidemic.

That the epidemic is now one of alarming proportions and terrible in its effect may be noted from the following quotation from "The Times": "At present the worst results of typhus are confined to Galicia, where the schools are closed, business is at a standstill, and civic life is crippled. The whole community is faced with starvation, whilst the absence of clothing and drugs makes it impossible for the authorities to make any headway against the epidemic. Here we have a country into which the idea of modern sanitation has never penetrated; for the most part there is no water supply in the smaller towns and villages save wells, whilst the work of sewers is done by open gullies running through the streets. There are no doctors, no nurses, and no beds, and the miserable typhus-stricken patients lie unattended on the bare floor. Throughout the rural districts whole families exist in miserable one-roomed huts, their diet consisting of starvation rations of potatoes and beet, both bread and meat being luxuries rarely seen. In almost every hut there are several cases of typhus and in many instances whole families are stricken with the disease, and are perforce left to die unattended."

Many Countries Are Suffering.

What is said of Galicia is true of other countries of Europe, such as Estonia, Lithuania, Latvia, huge territories of the Ukraine, Soviet Russia, Jugo-Slavia and Czechoslovakia. Nor is typhus the only affliction. Tuberculosis, smallpox, dysentery and relapsing fever are also ravaging large areas.

Lack of Medical Aid.

These terrible conditions have been called to the attention of the people of the British Empire in a statement by the Right Hon. Arthur J. Balfour, who, speaking for the Council of the League of Nations, says:

"Men, women and children are dying by thousands, and over vast and civilized areas there are neither medical appliances nor medical skill sufficient to cope with the horrors by which we are faced. Governments have in certain cases done all in their power to bring relief, but there remains a vast field for charitable enterprise which can be dealt with only by voluntary effort."

Eleven Million Orphans.

Dr. Livingstone Farrand, chairman of the Central Committee of the American Red Cross, who has just returned from Europe, states that there are 11,000,000 fatherless children in Europe who face the next few years without hope of adequate care unless outside assistance is given.

For Suffering Children.

No stronger call could be made to humanity than that of suffering children, and on their behalf particularly the Canadian Red Cross will appeal throughout Canada during Armistice week. Each provincial division of the Red Cross will have charge of the arrangements in its own province, and all Red Cross workers should put themselves into touch immediately with their local branch or with the Headquarters of the Provincial Division if no local branch is organized.

WOULD GUARD BURIED CITIES

Archaeologist Believes Important Discoveries Are Certain to Be Made in the Holy Land.

A great opportunity offers in Palestine. Prof. Flinders Petrie, the eminent archaeologist, has appealed, in a little book on eastern exploration, to the British people to take immediate steps for the preservation of all historic sites and buildings which have fallen to Britain through General Allenby's conquest of Palestine. He says that the buried cities and ruined monuments of the holy land ("Palestine is full" of them) must at all costs be guarded with reverence. Professor Petrie is especially anxious concerning the holy city, and urges that building on the old sites sacred to three religions should be forbidden. Modern scientific sanitation is against piling more buildings on these ruins. There is a clean and sanitary alternative; extend a suburb down the valley of Rephaim to the southwest, where the railway is, or to a better site two miles northwest in the valley running down from Ramah. The present city has "bad water and bad access" it ought to be kept for its historical value, and modern life ought to be removed to suitable healthy ground. Professor Petrie believes that with careful research, discoveries will be made of importance. The documents of early Palestine were clay tablets which can only be destroyed by crushing. Clay documents of David's or Solomon's reign or of the judges may be found.

Dress in Jugo-Slavia.

The national dress of the women of Jugo-Slavia is very beautiful, and they wear it every day, a custom now all too rare in Europe. Over the long, white skirt, of a hand-made linen, plaited like the Greek, they wear a brilliantly embroidered apron. The blouses, of the same material as the skirt, have long clumsy sleeves, a high collar, hung and dangling with beads of gold, silver or coin. From the neck to the narrow waistline, like the breastplate of the men, are two pieces of meticulous embroidery—these, with white veils on their heads, flowers in their hair, worsted stockings, and you have the peasant women from the mountains. They stand together with baskets of fruit in the sun of the little squares.

No Hurry.

Mrs. Newrich—Our pictures look all right, but we haven't a single old master in our house.
Newrich—Never mind, Jane; they will all be in a few hundred years.—Boston Transcript.

The Winnipeg Telegram has ceased publication after a life of 27 years.

One of the most effective vermifuges on the market is Miller's Worm Powders. They will not only clear the stomach and bowels of worms, but will prove a very serviceable medicine for children in regulating the infantile system and maintaining it in a healthy condition. There is nothing in their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in the full assurance that they will utterly destroy all worms.

"The Bloomin' Old Rag Overhead"

A SMALL Union Jack rippled amid the tree tops. There seemed something valiant about it, a gay, won't-be-downhearted spirit, when you heard its history. A doctor at the Muskoka Free Hospital for Consumptives was talking. "The sad thing is, it's young people, eager, hard-working boys and girls, that attack us—usually those who make the best Canadians, because they're ambitious. See that flag? The fellows in that pavilion were determined to have a flag. Each contributed the little he could. They got the flag, but poor chaps, they're disappointed—it's so tiny."

Yes, tiny up among the towering pines, but defiantly proclaiming "What we have we'll hold." And in the cots beneath, lads, weak and ill, but battling for health, lads whose precious pennies bought the rag overhead, are echoing its dauntless spirit—"What life we have we'll hold." Lads worth saving surely!

Contributions may be sent to Sir William Gage, 24 Spadina Avenue, Toronto, or to Geo. A. Reid, Treasurer, 223 College Street, Toronto.

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Bread and you'll
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If you don't believe that the Ford Truck cuts down the cost of transportation, we will prove it to you.

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The fact that there are so few used Ford Trucks for sale is in itself positive proof that the man who has once used a Ford Truck is unwilling to part with it.

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