

"Lest We Forget"

Made the Supreme Sacrifice

WATFORD AND VICINITY

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I SUFFERED

FIVE YEARS

Finally Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Paris, Ont.—"For five years I suffered from pains caused by displacement of my organs and in my back. All of this time I was unfit for work and was taking different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and took it faithfully. I am now in perfect health and do all my own work. I recommend it to others, and give you permission to publish this letter in your little books and in the newspapers as a testimonial."

—Mrs. D. CASSADY, Box 461, Paris, Ont.
Why women will continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound!

For forty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

GRAND PRUNK RAILWAY SYSTEM

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.... 7.43 a.m.
Chicago Express, 6.... 11.16 a.m.
Accommodation, 110.... 2.28 p.m.
Accommodation, 112.... 5.38 p.m.
(a)—Stops to let off passengers from Toronto, Hamilton and east.
(c)—Stops to let off passengers from Kingston and east.
G. W. VAIL, Agent, Watford.

Holloway's Corn Remover takes the corn out by the roots. Try it and prove it.

It's part of every meal!
Good from the outside
crust to the inside
crumb. No meal
or lunch is complete without it!

Lovell's BREAD

1½ lb. Loaf 10c

EAST LAMBTON TEACHERS' INSTITUTE

The annual meeting of the East Lambton Teachers' Institute was held in the school room of the Methodist church, Petrolia, on Thursday and Friday, Oct. 6th and 7th. The following resident clergymen kindly conducted the devotional exercises at the opening of the sessions, Rev. Mr. Richardson, Rev. Mr. Raithby, and Rev. Mr. Monds.

Mr. Duncan Ewart, the president, occupied the chair.

Mr. N. McDougall, B.A., Inspector of schools in East Lambton, explained the Adolescent Act, and also the regulations regarding the teaching of Agriculture and Nature Study. He urged the rural teachers to teach the subject of Agriculture, while the urban schools should follow the course in Nature Study. Mr. McDougall gave an excellent address on "The 100% Teacher." The following qualifications are necessary: Teaching power, Self-control, Leadership, System, and Strong Personality on the part of the teacher. The 100% teacher would set a high standard in everything, take an interest in the play of the children, and should keep out of a rut by wide reading, Summer Courses, and by keeping in close touch with environment.

The President, Mr. Duncan Ewart, reviewed at some length, his experience in the schools of Ontario.

Miss Blanche Mitchell, of the Watford High School, gave a splendid address on the teaching of History. She referred to the value of the subject and gave the teachers many useful points regarding the method in which it should be taken up with the classes. She urged the teachers to endeavor to make the subject of History interesting. One great aid in doing this would be a well-stocked library in the school so that pupils have access to Supplementary reading matter on the subject, in addition to the text book.

Mr. F. F. McPherson, B.A., Principal of Hamilton Normal School, gave three splendid and instructive addresses during the session of the Institute. He spoke to the teachers on the subjects: "How to get good reading," and "Oral Composition," also at the evening session in Victoria Hall he spoke on "The Next Generation." Mr. McPherson is a fluent and forceful speaker, and his addresses were listened to with interest. The teachers could not fail to carry home and put into practice the many points so strongly brought out by the speaker on the subjects of Reading and Composition. He also took part in the discussions on other subjects and aided in smoothing out the difficulties of the teachers.

On Thursday evening a banquet was tendered the teachers in Victoria Hall by the Petrolia Chamber of Commerce. A program of addresses was presided over by Inspector McDougall. Splendid music was provided by the Fisher Orchestra and a very pleasing feature of the evening was the community singing led by Mrs. Fisher. Mr. and Mrs. Fisher also very kindly attended the afternoon session on Friday when community singing was again indulged in.

Miss McInnis and Miss Pressey addressed the Institute on Junior Work. Interesting and instructive addresses were given by both speakers. They gave very concise outline of the methods used by them in teaching the Junior classes. In the discussion following these addresses Mr. McPherson took part and urged the use of Manual on the Primer.

Mr. Lyle Oliver, who could not be present, sent his report of the meeting of the O.E.A. at Toronto. This report was read by Mr. R. Henderson. It conveyed to the teachers an idea of the lectures given at that meeting.

Miss Ethel McKee, of the Educational Dept. of Columbia Gramophone Co., gave a demonstration of what might be done with the Phonograph in the schools.

The Women Teachers' Federation of East Lambton appointed officers for the ensuing year.

A vote of thanks was tendered to the Petrolia Chamber of Commerce, for the splendid banquet provided the teachers, and also to the Trustee Board and Pastor of the Methodist Church and also to Mrs. Fisher for her services during the sessions.

Officers for ensuing year are as follows:

Hon. President—Mr. N. McDougall, B.A.

Hon. Vice-Presidents—Mr. P. McKicken, B.A., Mr. M. Cameron, B.A.

President—Miss M. Davis.

Vice-Pres.—Mr. C. Routley.

Sec.-Treas.—Mr. A. W. Kelly.

Executive Com.—The officers, Miss Balls, Mr. Mahon, Mr. Henderson,

Physical Training Com.—Mr. N. McDougall, Mr. Elliott, Miss Curran,

Miss Edwards, Mr. Henderson.

Auditors—Miss Stapleton and Miss Buchanan.

Delegate to O.E.A.—Miss Leapha Annett.

To have the children healthy and sound is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

BROWN-ENTWISTLE

in Erskine Presbyterian Church, Hamilton, on September 21st, at 12 o'clock noon, was solemnized the marriage of Lorna Catherine, only daughter of Mr. and Mrs. William C. Browne of Parkhill, to Mr. William James Entwistle, formerly of Belfast Ireland.

The ceremony was conducted by Rev. S. Burnside Russell, cousin of the groom.

The bride, who was given away by her father, wore a dainty dress of grey Canton crepe, heavily embroidered in silk, black picture hat, and an ermine fur, the gift of the groom. Master Freddy Lockhart, nephew of the groom acted as ring-bearer.

After the ceremony the happy couple left for New York and Atlantic City, the bride travelling in a smart suit of navy tricot, embroidered with black silk, and wearing a taupe beaver hat and veil.

On their return Mr. and Mrs. Entwistle will reside in Parkhill.

SPEAKS HIGHLY OF BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she is always pleased to speak highly of them to other mothers. She knows the good they have done her children and realizes that her experience should be of benefit to others. Concerning the Tablets Mrs. Fred Murphy, Charlottetown, P.E.I., writes: "I have used Baby's Own Tablets for the past eight months for my baby. I cannot speak too highly of them for they have been of great assistance to me in my first experience of motherhood." Baby's Own Tablets are a mild but thorough laxative which are absolutely harmless and may be given to even the newborn babe with perfect safety. They are sold by medicine dealers or direct at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

OCTOBER

The three great books before our face

The richest, precious reading, Nature, and Providence, and grace, And how have we been heeding. The Spring, the Summer and the fall, October is digesting,

There messages were clear to all

No danger of congesting.

The climate and success, combined, Should satisfy our nature

And make us fit for human kind, A glorious living creature.

A happy, healthy, wholesome sort, Heaven's choicest blessings breathing,

Ready for work, ready for sport, Our likeness on it leaving.

What we have been, what we have done,

October well remembers;

We have not shirked beneath the sun, Altho' there comes December.

The auburn hair will turn to grey, The months will bring them always

The supple limbs will not be gay When worn out on life's causeways.

But not in vain these organs wear, We fill our niche resplendent,

The youth is fair, the old is there And we are independent.

As happy as a mild noonday, And just as rich as Ceresus,

We travel on our homeward way And are! where you will place us.

—W. B. LAWS.

Children Cry FOR FLETCHER'S CASTORIA

Value Supreme is in every packet of

"SALADA" TEA

Every little leaf will yield its full quota of generous 'goodness'. Sold in sealed packets only.

Banking by Mail



Those living at a distance can do their Banking By Mail just as safely and conveniently as though done in person. Many Farmers save themselves special trips to town by adopting our system of Banking By Mail. The Manager will explain this helpful plan. Write or see him, the next time you are in town.

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Sarnia Business College

is an efficient school for those desiring a superior course of training for business or stenography. You may enter next Monday.

Seasonable Goods

Look at the Prices!

HARDWARE	GROCERIES
6 in. STOVE PIPE.....25c	SÖCKEY SALMON.....50c
7 in. STOVE PIPE.....25c	RED COLOR SALMON.....40c
6 in. ELBOWS.....30c	PINK SALMON.....18c
7 in. ELBOWS.....35c	PILCHARDS.....16c
COLD BLAST LANTERN \$1.25	LARD.....25c
LARGE GLASS LAMPS...1.00	CHEESE.....28c
NICKLED TEA KETTLES 3.00	SHREDDED WHEAT.....15c
COPPER BOILERS.....4.50	CORN FLAKES.....2 for 25c
HEAVY MILK PAILS...1.00	SPECIAL BLACK TEA.....
25w ELECTRIC LAMPS...50c	MONARCH COFFEE.....65c

N. B. Howden Est.

DELCO-LIGHT

Delco-Light is more than a mere lighting plant. It gives you electric power too--- for operating all light machinery around the house and barn, usually turned by hand. It will also pump and deliver water to all parts of the house and barn.

Prices Now Down to Normal

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