

TORTURED BY KIDNEY TROUBLE

Quickly Relieved By Short Treatment With "FRUIT-A-TIVES"



MADAM LALONDE

170 CHAMPLAIN ST., MONTREAL, P. Q.

"I am writing to tell you that I owe my life to 'Fruit-a-tives'. This fruit medicine relieved me when I had given up all hope of recovering my health."

"I suffered terribly from Kidney Trouble, Dyspepsia and Weakness. I had these troubles for years and all the medicine I took did not do me any good."

"I read about 'Fruit-a-tives' and I tried them. After I had taken a few boxes, I was entirely relieved of the Kidney Trouble, and Dyspepsia, and had gained in strength."

"I hope those who suffer with Kidney Trouble, Dyspepsia and Weakness will take 'Fruit-a-tives' to recover their health."

JEANNETTE LALONDE.

50c a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

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.

Lincense Inspector W. J. Coulter of Sarnia, received word Saturday of the death of his mother, Mrs. Annie Coulter, which occurred in the City of Woodstock at six o'clock that day. The late Mrs. Coulter, who was in her ninetieth year, is survived by four sons and four daughters.



Quickest for Healing

A cut sustained in the workshop, a sore which is untreated, results say in inflammation or blood-poisoning. You have to lay off for a day or two and it counts when pay-day comes round. Zam-Buk insures you against such loss!

A little antiseptic Zam-Buk promptly applied to any flesh wound or injury prevents disease infection and risk of festering and ulceration, and takes away smarting pain and promotes quick healing.

At home a box of Zam-Buk is ever so useful. The baby's nasty rashes, the older children's cuts and bruises, the inevitable burn, or scald—for all these, as well as for more serious skin troubles, such as eczema, ulcers, ringworm, etc., Zam-Buk is the unrivalled remedy.

Mr. J. W. Besnard, 589, Craig St. E., Montreal, writes:—"Two of my fingers were so severely crushed that the doctor said they would have to be amputated. I decided to try Zam-Buk first, and applied the balm daily. Within a few weeks the injury was completely healed. My fingers were saved." 50c box, all dealers.

Zam-Buk

JOHN BROWN'S RAID.

Plot Was Hatched in the Town of Chatham.

The average traveler on the C.P.R. betwixt Toronto and Windsor, when he gazes out the car window during the brief wait at Chatham, never realizes that, within a stone's throw of the spot, stands the building in which John Brown's famous conspiracy was hatched—that conspiracy which, culminating in the raid on Harper's Ferry, did much to precipitate the American Civil War.

According to local tradition, however, John Brown's conspiracy was planned, more than 60 years ago, in a room of what is now a red-painted brick house, just east of the C. P. R. station. To-day, somewhat diminished from its original imposing proportions, the building houses the townsmen who is on duty at the immediately adjacent street crossing.

Sixty years and more ago, the present structure was a four-tenement building, and one of the "show places" in the older portion of Chatham. Between 25 and 30 years ago, when the C. P. R. was run through Chatham, half of the building was torn down. Still later, the remaining two tenements were converted into a single residence; and as such the building survives to-day.

Chatham, in the two decades preceding the Civil War, was one of the northern terminals of the celebrated "underground railway," organized by American abolitionists to facilitate the escape of negro slaves to Canada. Large numbers of the escaped slaves settled in Windsor, Chatham and various points in Essex and Kent Counties; and several townships were laid out at that time as model negro communities. These townships are still shown on old maps, but the communities themselves, unlike Topsy, never "grewed," or, if they attained any proportions, have, with one or two exceptions, long since dwindled into insignificance, with the departure of the greater portion of the colored population.

In the latter '50's, however, Southwestern Ontario contained a large negro element, and many of the escaped slaves had established themselves in business, and were ambitious, well-educated and well-to-do. So when "Oseawatomie" Brown, nursing his daring scheme of freeing the slaves at a single stroke, looked about for support, he turned naturally to the negro settlements in Southwestern Ontario for funds and helpers.

The exact date of the conference at which the raid was planned is not preserved in the local tradition. It seems probable that John Brown visited Chatham on several occasions in connection with his work for the slaves. The conference probably took place late in 1858, or early in 1859.

The Chatham structure is often carelessly referred to as "the Holden house." The owner, however, was a colored man named Eli Holton. Holton was present at the meeting held by John Brown. So was Isaac Holden, another prominent colored man. Both were big men, physically, and leaders in the colored community. E. C. Cooper and a little man named Harris, with several others, took part in the conference.

To what extent Brown secured support, financial and otherwise, is not known. The details of the meeting were, naturally, kept secret at the time; and what little the public ultimately knew came out, most of it, after the raid.

It was on Oct. 17, 1859, that the Chatham conference bore fruit in the startling raid on Harper's Ferry, in Northern Virginia, where Brown, with several of his sons and a number of other white men, seized the national armory and issued a proclamation calling upon the slaves to rise in insurrection against their master. The raid in a few hours spread consternation, not merely throughout Virginia, but throughout the United States. Lt.-Col. Robert E. Lee, however, arrived with a detachment of marines, the armory was recaptured, and Brown and a few of his companions were taken prisoners.

Brown was hanged at Charles- ton, Virginia, Dec. 2, 1859. A few months later, Abraham Lincoln, at his Cooper Institute speech at New York, referred to Brown's raid in the following words: "John Brown's effort was peculiar. It was not a slave insurrection. It was an attempt by white men to get up a revolt among the slaves, in which the slaves refused to participate. The fact, it was so absurd that the slaves, with all their ignorance, saw plainly enough it could not succeed."

Within a little more than a year of that speech, and within two years of the raid, Lincoln was in the White House, and the Southern States were seceding. However thinking men might condemn his folly, the Northern States generally regarded Brown as a martyr, and "John Brown's body lies a-mouldering in the grave but his soul goes marching on," became the battle song of the soldiers who were destined, a few years later, to compel the surrender at Appomattox of Brown's conqueror.

The Civil War ended the work of the underground railway by eliminating the need; and ended, also, the influx of negro population in the Southwestern Ontario. Many of the escaped slaves in Canada

clung to the larger proportion of their descendants have sought employment in Detroit, so that to-day the negro population is a comparatively small element. Whatever their critics may say to the contrary, most of them make good and useful citizens.

War Memorial of Canada.

Paris newspapers have published a reproduction of the monument the Canadian Government is erecting in memory of the Canadians who fell in the war. French opinion is general that Vimy is the most proper of all the suggested sites for the monument, which is commended for its severe simplicity of design.

THE "GRAND BANKS."

Americans and French Reap Harvests There.

Con. Cregan, Lever's roving character, was disappointed on crossing the Atlantic that he could not see the Grand Banks. It had been his notion that the fishing banks of the North Atlantic consisted of mounds of sand sloping into the sea. Perhaps he was even entertaining the idea of escaping to one of these "sandy islands." A good many are possibly just as ill-posted on the subject as the irrepressible Con, but are not so willing to admit their ignorance. The fishing banks are not exposed above the surface. They are actually banks or mounds on the bed of the ocean, perceptible only by the aid of sounding devices.

The Grand Banks of Newfoundland, the largest, located southeasterly from the Ancient Colony, covers an area about 350 miles north and south and 390 miles east and west and it is generally traversed by ships crossing the North Atlantic Ocean between European points and ports in Nova Scotia, or on the Bay of Fundy. The general depth of water on the Grand Banks varies from thirty to forty-five fathoms, and the bottom is usually sand, gravel, or broken shells. The water surrounding drops off to anywhere from sixty to one hundred and forty fathoms. The only dangers to navigation on the Banks that have been verified are the Virgin Rocks and Banks and the Eastern Rocks. The area covered by the Grand Banks really includes St. Pierre and Green Bank, which are separated only by narrow channels.

The approach to the Grand Banks is generally evidenced by an increasing number of sea-fowl around the vessel. The great shearwater, well known to the fishermen as hag or hagen, is seen all across the Atlantic, but on the Banks it, as well as divers and other sea fowl, become very numerous. The shearwater, by the way, derives its name from its skimming or shearing the water when flying.

One will observe by studying a chart of the North Atlantic how closely our maritime ports are to the chief fishing banks as compared with American ports, yet it is an actual fact that our neighbors to the south take from these areas between two and three times the quantity of fish we do, and are serious competitors in our foreign trade. It seems logical from an economical and geographical standpoint that the business should be centralized in our Maritime Provinces, excluding possible supplies destined for consumption in Portland, Boston, New York and American centres conveniently at hand. Undoubtedly fish may be landed sooner in our ports and it intended for the fresh fish trade will be on the way to interior markets much sooner than when traveling circuitously via Boston. Furthermore, the proximity of the port gives the fishermen more actual time on the banks. Naturally, when the distance to port is shortened the fishermen can produce more in a stated time and consequently should be able to meet all competition profitably. With the exception of Georges Bank the Americans are at a disadvantage.

There seems to be a big opportunity for profitable investment. The fresh fish demand in Canada is developing rapidly and fish consumption generally is on the increase throughout the Dominion and the United States, as well. In addition, our foreign trade has grown tremendously in recent years. We should be able to produce cheaper than anyone else the premium on the American dollar at the present time handicaps the United States' producer further in competing for foreign trade. Canadians have everything to help them, but our neighbors are still doing a large proportion of the business.

The North Atlantic Banks are fished by fleets from the United States, Canada, Newfoundland, France and an occasional ship from Iceland. Large French fleets operate with the French Island of St. Pierre as a base. A cold storage plant costing \$1,200,000, having a freezing capacity of 200,000 pounds in twenty-four hours and storage capacity of 6,000,000 pounds boxed ready for shipment, has recently been built there by the French Government and especially equipped steamers are provided to carry the supplies to Europe. The French Government is lending great assistance to the fishing industry, looking apparently in that direction for material for her navy.

Children Cry for Fletcher's

CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

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A Prime Dressing for Wounds.—In some factories and workshops carbolic acid is kept for use in cauterizing wounds and cuts sustained by the workmen. Far better to keep on hand a bottle of Dr. Thomas' Electric Oil. It is just as quick in action and does not scar the skin or burn the flesh. It is just as quick in action and does not scar the skin or burn the flesh. It is just as quick in action and does not scar the skin or burn the flesh.

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

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