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THE DAILY MISERY OF ILL-HEALTH

Three Years of Suffering Quickly Relieved by "FRUIT-A-TIVES"



MR. GASPARD DUBORD

159 Avenue Pius IX, Montreal.

"For three years, I was a terrible sufferer from Dyspepsia and my general health was very bad. I consulted a physician and took his medicine and faithfully carried out his instructions; but I did not improve and finally the doctor told me I could not be cured. At this time, a friend advised me to try 'Fruit-a-tives' and I did so. After taking two boxes of 'Fruit-a-tives', I was greatly relieved; and gradually this marvelous fruit medicine made me completely well. My digestion and general health are splendid—all of which I owe to 'Fruit-a-tives'."

GASPARD DUBORD.

50c. a box, 6 for \$2.50, postal size, 25c. At all dealers or sent prepaid by Fruit-a-tives Limited, Ottawa, Ont.

BUY BETTER BULLS

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.

W. P. MACDONALD, Petrolia, Ont.

A. J. Hone

PAINTER AND DECORATOR
 PAPER HANGING

WATFORD ONTARIO

GOOD WORK
 PROMPT ATTENTION
 REASONABLE PRICES
 ESTIMATES FURNISHED
 SATISFACTION GUARANTEED

RESIDENCE—ST. CLAIR ST.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE
 Trains leave Watford station as follows—

GOING WEST
 Accommodation, 11.11... 8.44 a.m.
 Chicago Express, 17.11... 12.47 p.m.
 Detroit Express, 83.11... 6.48 p.m.
 (a) Express, 5.11... 9.11 p.m.
 (c) Express, 15.11... 10.10 p.m.

GOING EAST
 Ontario Limited, 80.11... 7.43 a.m.
 Chicago Express, 11.11... 11.16 a.m.
 Accommodation, 110.11... 2.28 p.m.
 Accommodation, 112.11... 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.

C. W. VAIL, Agent, Watford.

CHANTRY FARM

SHORTHORN CATTLE AND LINCOLN SHEEP

Am booking orders for Silver Grey Dorkings and Black Leghorn Eggs, Winners at C. N. E., and Winter Garden Shows

Toronto, also Western London and Guelph Winter. Special prices on lots of 50 or more

Black Leghorns from farm flock, handsome and grand layers.

ED. DE GEX
 KERWOOD ONTARIO

CELEBRATE GOLDEN WEDDING ANNIVERSARY

In Plympton township a very pleasing and happy event took place at the home of Mr. and Mrs. Dawson King, London road, on Monday afternoon and evening, April 18, it being the fiftieth anniversary of their marriage. The occasion was fittingly observed by the presence of their nine married children, and their families—one son and daughter at home, one son in Royal Oak, together with the bride's only sister, Miss Ella Gibbs, of Royal Oak—"who was the guest of honor."

In the afternoon, Mr. and Mrs. King and their family motored to Sarnia and had their photos taken. The house decorations were in keeping with the event. At 6 p.m. the groom and bride of fifty years, led the way to the spacious diningroom, where a bountiful wedding banquet was served. The toast which was given was fittingly replied to. At 9.30 the happy company were called to order when a very interesting and impressive program was given, which consisted of music, vocal and instrumental, speeches, recitations and readings.

At the close of the program an address was given after which the happy bride and groom were each presented with a beautiful quarter cut oak rocker, by the family, and a purse of gold from the bride's sister, Miss Gibbs. The happy couple although completely taken by surprise made a very suitable reply, a reply which will ever live in the memory of those present. Few indeed in this life are spared to live fifty years of married life together, with the family circle unbroken by death.

CITY VERSUS FARM

The country districts contain many people who are not farmers, and so one need not be a farmer in order to obtain their fullest share of rural prosperity. There are a great many persons living in rural communities who do not belong to farmers' families. The villages with their stores, shops and smaller industries and business establishments get all the benefits of prosperity and stability of agriculture and indeed the trade of the farmer is the best and most constant trade in the world. Some of the facts therefore, which young men should look squarely in the face are these:—

City opportunities may be likened to an old mine with much of the best ore gone. Wealth is already actually increasing faster in the rural districts than in the cities and men of industry and ability should be able to capture a reasonable part of this increase. The drift of population into cities has slowed down, not for sentimental reasons but rather because of the hard sledding for those who migrated to the cities. During business depression the cities suffer worse than the rural districts; and in times of prosperity, now that the farmer produces food for three times as many as he formerly did, the rural districts make the bigger gains in wealth. Then young man why not go after these rural riches? If you are on the farm now stay there, if not, get there and that while the getting is fairly good.—St. Mary's Journal.

The cause of half our troubles here is wanting things we do not need. We do not pause to contemplate That life today is cursed by greed. If we were given all we want, And every wish was gratified, We still would want for more and more, And yet remain unsatisfied.

The Young Mother

Youth, with its vitality, makes for the young mother's health, and happiness. But later, maternal experiences bring a different result. The care of a family, multiplied household duties, and very often the weakness caused by womanly disease, tend to prolong the suffering and to make convalescence a slow and weary process. Many women—perhaps your own neighbors—have had beneficial experience with Dr. Pierce's Favorite Prescription, which prepares the prospective mother. Send 10 cents to Doctor Pierce's Invalids' Hotel in Buffalo, N. Y., for a trial package of tablets.

HAMILTON, ONT.—"I was advised by a practical nurse to take Dr. Pierce's Favorite Prescription as a tonic during pregnancy, and I have had every reason to be grateful for her advice, because it kept me in perfect health and I had practically no suffering. The 'Prescription' not only benefits the mother, but I am positive the child is benefited, too. I would not hesitate to recommend this 'Prescription' to every expectant mother."—Mrs. O. SPIKE, 46 Hess Street, N.

AMENDMENT TO REGULATIONS

An amendment has recently been made to the Regulation respecting the requirements for an Elementary certificate in Agriculture: A student who has completed satisfactorily the courses in Agriculture in both the Lower and Middle Schools, will be given an Interim Elementary certificate in Agriculture after such student will have completed his Normal School Course. For such student a Summer Course in Agriculture is, therefore, not required. This matter might profitably be brought to the attention of the Principals and Boards of the High Schools located within your inspectorate.

Another change has been made in the method of payment of expenses incurred by those attending the Summer Course in Agriculture for teachers, to take effect in the session of 1921, at each of the three centres.—O. A. C., Whitley and Montiech. Heretofore the teacher paid for his board and lodging on commencing the session and the money was refunded to him after the close of that session. In 1921 the teacher will pay nothing for board and lodging;—the Department of Education undertaking to settle for such expense directly with the authorities who provide the accommodation. The railway expenses will be managed in 1921 in the same way as in 1920.

ECZEMA Defied Doctors & Specialists

"For three years doctors treated me for a terrible attack of eczema," writes Madame Alphonse Lariviere, 671, Rodman St., Fall River, Mass. "Each in turn gave up the case as incurable. I then went to a specialist who charged \$80 but did me absolutely no good."

"Though one could hardly have been more discouraged at the time when I heard about Zam-Buk, I decided to try it. I applied dressings of the balm regularly and for bathing purposes used only Zam-Buk Medicinal Soap. Very soon there was such decided improvement that I was encouraged to continue. The combined use of Zam-Buk and Zam-Buk Soap soothed and thoroughly purified my skin of disease." Zam-Buk's

SKIN-SOOTHING ESSENCES penetrate to the root of eczema, ulcers, ringworm, poisoned sores, etc. Zam-Buk not only clears away unsightly surface eruptions like pimples, blotches and rashes—it literally uproots eczema and other obstinate skin disease from the underlying tissues.

The first dressing of Zam-Buk soothes and cools the skin and ends irritation. Then when it has antiseptically purified the diseased parts, Zam-Buk promotes a new growth of clear healthy skin. All dealers 50c. box.



Skin Sufferers! Obtain a FREE TRIAL BOX by sending 1c. Stamp to Zam-Buk Co., Toronto

OPEN CONFESSION

The Buffalo News, which has been talking out in meeting concerning the consolidation of the power interests on the American side of Niagara Falls and urging the people of Buffalo to begin a fight for cheap electric power, makes this confession in its issue of April 19:

"We had a start of about 20 years on the Canadians in electrical development on the Niagara, but it did not take them long to catch us: Now we are in the ruck. With the Chipawa-Queenston works nearing completion, they are considering plans to scrap plants at the Falls nearly as efficient as our new development there. This to prevent waste of energy. And they are as far ahead of us in policy as they are in practice. Public service is the order there; private service here. Niagara current on the Canadian side flows out to municipalities more than a hundred miles away; the distribution of Niagara current on this side of the border is restricted to the factory lands of the generating company."

The News is right when it says that public service is the order on this side of the border in the matter of Hydro power. But public operation has vigilant and powerful enemies still, and there is need occasionally of such an illuminating flash as that contained in the article of The News to light the way toward further progress.

Do you find yourself

unable to sleep well? Are you irritated by trifles? Do small troubles look big to you? Do you start at sudden noises? Are you unable to concentrate long on any one thing?

If so, there's something wrong with your nervous system. These are danger signals. DR. MILES' NERVINE—\$1.20 will soothe the irritated and overstrained nerves. Just one or two doses helps Nature to restore them to their normal functions. Guaranteed Safe and Sure.



SOLD IN WATROD BY TAYLOR DRUG COMPANY

Where there is a tendency to constipation, you will find Dr. Miles' Liver Pills effective in keeping the bowels open.

THE FARMER OF THE FUTURE

The farmer of the future must be a mechanic rather than a day laborer remarks D. D. Gray, Superintendent of the Central Experimental Farm at Ottawa. This of course must not be taken in a literal sense, but rather as suggesting that the future agriculturalist must combine with a multitude of other things he requires to know a greater knowledge of mechanics than he has formerly had. Accepting this suggestion as his text, Mr. Gray tells of records that have been kept at the Central Farm on the cost of operating three makes of tractors. The cost of operating the smaller tractor is shown to be greater than the cost of operating the larger, that is in regard to horsepower. The cost of disking with the smaller is shown to be less due to greater speed possible than with the greater. The cost of plowing with the smaller is more than with the larger. The lighter machine burned gasoline at a cost of 45 cents per gallon and the heavier machine, kerosene at 28½ cents per gallon. Cylinder oil cost 85 cents per gallon.

about the best for profit at present, then sheep. On a small farm it is almost impossible to keep a big stock of colts or growing cattle; for money invested and care probably the poultry are the most profitable line. For the year 1919 our average was 128 eggs per hen 75 head; 1920 average 134 for 92 head, this average was under ordinary farm conditions. No special diet or care, it is very interesting looking after a nice uniform flock, all one color, and incidentally winning best prizes at big shows in strong competition, and at the same time having a steady daily income. ED. deGEX.

Rheumatism

Neuritis, Sciatica, Neuralgia.
 Templeton's Rheumatic Capsules

Have brought good health to half-a-million sufferers.

A healthful, money-saving remedy, well known for fifteen years, prescribed by doctors, sold by druggists, \$1.00 a box. Ask our agents or write for a free trial package. Templetons, 142 King W., Toronto

J. W. McLaren, Local Agent.

Blue sky may be seen by the pessimists who continue to talk about race suicide in England and Wales the number of babies born last year is the highest ever reported and the number of deaths the lowest. What is home without a baby.

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, Peppermint, 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.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY