

WATFORD HIGH SCHOOL FIELD DAY, OCT. 3, 1922

Petrolia, Forest and Alvinston High Schools were represented at the meet. There were present about 250 pupils. The competition was keen and the sportsmanship good.

The afternoon athletic events were run off and one basket ball game.

In the evening at the Armory a sumptuous banquet was held for which the young ladies of the school can well be proud of.

The Junior events were run off on Monday, Oct. 2. Watford High School Junior Championship

Orville Shugg winning the junior boys' championship with 40 points. Eloise Steadman won the junior girls' with 20 points.

JUNIOR BOYS 100 yards—O. Shugg, J. McDougall, A. Heaton. Time 1 1/2.

220—O. Shugg, G. McDougall, A. Heaton. Time 3 1/2.

Standing Broad Jump—O. Shugg, E. McNally, J. McDougall. 7ft 11in.

Running Broad Jump—O. Shugg, J. McDougall, C. Harper. 18 ft.

Standing Hop, Step, Jump—O. Shugg, C. Harper, E. McNally. 24 ft. 10in.

Running Hop, Step, Jump—O. Shugg, A. Heaton, J. Kinnell. 34ft 9 inches.

Running High Jump—O. Shugg, J. McDougall, A. Rapson. 4 ft. 6 in.

Shot Put, 8lb.—O. Shugg, D. McKecher, C. Harper. 35ft 6in.

JUNIOR GIRLS 100 yards—D. Delmage, E. Steadman, F. Lovell. Time 1 3/5.

When a mother detects from the writing and fretting of a child that worms are troubling it, she can procure a reliable remedy in Miller's Worm Powders which will expel all worms from the system.

Use ELARTON SALT for HOME-CATTLE-LAND Unsurpassed for Strength and Purity.

To be obtained from nearly every Store in this District or ELARTON SALT WORKS CO., Ltd. WARWICK, ONT.

WHAT IS A LETTER Many Times It's a Guide to Health as is This One Women—Read It

Marmion, Ontario.—"Before using Lydia E. Pinkham's Vegetable Compound I had terrible pains in my sides and was not able to get up stairs without stepping on my heels. I saw your medicine advertised in the newspapers and gave it a trial. I took four bottles of the Vegetable Compound and was restored to health.

I am married, am the mother of two children and do all my housework, milk eight cows and do a hired man's work and enjoy the best of health.

I also found the Vegetable Compound a great help for my weak back before my babies were born. I recommend it to all my friends. L. J. HENRY, Marmion, Ontario.

Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine and have been helped by this splendid medicine. It is a great relief for women, who may be suffering as they did, to know of the great merit of this medicine. Each one, with her reputation stands behind it, to point out to sick women the way to health.

Write Lydia E. Pinkham's Medicine Co., Lynn, Mass.

DOES IT WORRY YOU ABOUT APPENDICITIS? Can appendicitis be guarded against? Yes, by preventing intestinal infection.

The intestinal antiseptic, Adler-i-ka, acts on BOTH upper and lower bowel removing ALL foul, decaying matter which might start infection.

EXCELLENT for gas on stomach or chronic constipation. It removes matter which you never thought was in your system and which nothing else can dislodge. One man reports it is unbelieveable the awful impurities Adler-i-ka brought out. J. W. McLaren, druggist, Watford.

75 yards—D. Delmage, E. Steadman, R. Atchison. Time 10 seconds. Running Broad—D. Delmage, F. Lovell, M. Connolly. 14 ft.

Standing Broad—O. Lovell, D. Kelly, E. Steadman. 6ft 1in.

Running Hop, Step, Jump—E. Steadman, D. Kelly, O. Lovell. 23ft 1in.

Kicking football—M. MacLean, R. Stevenson, E. Steadman. 91ft 5in.

Throwing baseball—E. Steadman, A. Mahon, O. Lovell. 114 ft.

The Second Form team won the Interform Relay Championship. The team consisted of O. Shugg, W. Fitzgerald, A. Heaton and F. O'Neill.

The First Form team; Harper, McDougall, Westgate, Kelly, McKecher, McNally and McLean, won the tug-of-war between the forms.

The Fourth Form girls' team consisted of: E. Williamson, R. Carroll, D. Fowler, J. Cran and M. Dowling, won the interform girls' tug-of-war.

The Third Form team; R. Bruce, J. Rapson, E. McKecher and M. Wright, won the girls' interform relay race.

The three legged race—Shugg and McDougall, Rapson and Prentis, Miller and Minely.

100 yards, boys—Steadman, Watford; Leitch, Alvinston, Bindner, Alvinston.

100 yards, girls—D. Delmage, E. Walker, Alvinston; E. Steadman, Watford.

Running Broad jump, boys—Moore, Petrolia; Shugg, Watford; Kemp, Forest. 18 ft. 2 inches.

Running broad jump, girls—D. Delmage, Watford; O. Lovell, Watford; Walker, Alvinston.

Running Hop, step, jump, boys—Kemp, Forest; Moore, Petrolia; Leitch, Alvinston. 35 feet 10 inches.

Running Hop, step, jump, girls—D. Delmage, Watford; O'Donnell, Forest; L. Gilroy, Alvinston. 26ft 1in.

Standing broad, boys—McEachern, Alvinston; Vail, Watford; Moore, Petrolia. 8 feet 8 inches.

Standing Hop, step and jump, boys—Kemp, Petrolia; McEachern, Alvinston; Moore, Petrolia. 26 feet.

Half mile, boys—Trenouth, Watford; Kemp, Forest; McEachern, Alvinston. Time 2 31/2.

75 yards, girls—O'Donnell, Forest; E. Walker, Alvinston; D. Delmage, Watford.

Kicking Football, girls—E. Steadman, Watford; Moffatt, Forest.

220 yards, boys—Leitch, Alvinston; Kemp, Forest; Baker, Petrolia. 26 min. 5 seconds.

Putting Shot 8lb., boys—McKecher, Watford; McCarty, Petrolia; Myers, Alvinston. 56 feet 1 inch.

High jump, boys—McEachern, Alvinston; Shugg, Watford; Moore, Petrolia.

Three legged race—Bryan and Moore, Petrolia; Trenouth and McKecher, Watford.

Obstacle race, boys—Steadman, Watford; McEachern, Alvinston; Shugg, Watford.

Tug of war, girls—Alvinston won from Petrolia; Watford won from Forest. Watford defeated Alvinston. Team: E. Williamson, D. Fowler, J. Cran, M. Dowling, A. McGillicuddy, J. Rapson, R. Carroll.

Tug of war, boys—Watford defeated Petrolia; Alvinston defeated Forest. Watford won Team: E. McKecher, D. McKecher, S. Trenouth, D. Vail, O. Shugg, A. Heaton, .. McKenney.

Relay races—Watford High School won both. Boys' team—Steadman, McKecher, Shugg, Trenouth. Girls team—E. Steadman, W. Fuller, R. Atchison, D. Delmage.

The Forest Girls' Basketball team defeated Petrolia in the afternoon by 10-6. In the evening Forest girls defeated Watford 25-8. The Watford boys' team under O. Shugg won from Forest by 14-7.

The individual champion of the meet was Kemp of Forest with 12 points. McEachern of Alvinston, second with 11 points. Moore of Petrolia third with 10 points.

Inter-scholastic Results Watford 64 points Alvinston 57 points Petrolia 32 points Forest 21 points Senior champion of the Watford High School for the girls was D. Delmage. For the boys Ford Steadman 15.

KERWOOD SCHOOL FAIR

The annual school fair of the Kerwood Association, held in that village, drew a large crowd of old and young from all parts of the district.

Many grandparents were present to see the splendid exhibits of the grand children, and were amazed at the excellent work the kiddies of the present day are capable of doing.

The winners in the stock judging contest were: S.S. No. 1, Fred Johnstone and Fred Dymond; S.S. No. 7, Adelaide, secured second prize Gordon Galbraith and Jack Wright representing this school.

In the live stock naming contest, S.S. No. 7, Adelaide team, Jack Wright and Gordon Galbraith, won first prize, and Bert Morgan and Fred Dymond, the team from S.S. No. 1, Metcalfe, took second place.

A large number of special prizes were donated by residents of the vicinity, and some of the winners of these were as follows:

Collection of vegetables—S.S. No. 1, S.S. No. 7. Collection of grains—S.S. No. 1, S.S. No. 7.

Collection of fruit—S.S. No. 1, S.S. No. 7. School lunch—Gordon Galbraith, Lemon pie—Marjorie Lyons.

Apple pie—Josephine Redmond. Light layer cake—Dorothy McIntyre. Chocolate layer cake—Leona Fraser, Dorothy McIntyre.

Pets—Gertrude Smithrim. Pair of kittens—Evelyn Eastbrook, Helen Glover.

Pair of pigeons—Jim Glover, Jim Beattie, Alex Harris. White Wyandottes—Robert Pike.

Male exhibition—Margaret McLean. Female exhibition—Harry Woods. Pair of turkeys—Allan Westgate, Pekin ducks—Mervyn Watson, Gordon Galbraith.

Boquet of flowers—Mervyn Pollock. Home grown mixed flowers—Ruth Moorehouse.

House plant—Elene Wright. Aster boquet—Helen Glover. Plymouth Rock—Carlisle Thompson.

White Leghorn—Fraser Galbraith, Ilene Wright, Joe Langford. Brown Leghorn—Gordon Galbraith, Silver gray Dorking—Fred Dymond.

Chocolate layer cake—Leona Fraser, Dorothy McIntyre. Light cookies—Dorothy McIntyre, James Redmond, Marjorie Lyons, Olive Smithrim.

Nut loaf—Leona Fraser. Loaf of bread—Josephine Redmond. Fudge—Isabel Chittick.

Candy—Mervyn Pollock. Mounted drawing—Beatrice Woods. First class, writing—Winnifred Smithrim, Dorothy McIntyre, Marion Brigham.

Working model—Stuart Moorehouse, Willie Fuller. Bird house—David Shamblau, Jack Wright, Willie Hicks.

Rustic hanging basket—Kenneth Bennett. Spy apples—Olive Smithrim, Kenneth Foster.

Early potatoes—E. Johnson. One peck potatoes—Kenneth Bennett. Fancy apron—Beatrice Wood.

In the regular classes the exhibits were up to the standard and the winners were as follows: Oats—Wilbert Denning, Harold Westgate.

Sheaf of wheat—Clayton Morgan, Harold Westgate. Sheaf of wheat—Mervyn Watson. Golden bantam corn—Josephine Redmond, Melvin Dowling, Gordon Galbraith.

Six stalks Golden Glow—Gordon Galbraith, James Eastbrook. Potatoes—Mabel Denning, Florence Watson, Margaret Burchiel.

Mangels—J.M. Beattie, Bert Morgan, Aubrey Lyons. Turnips—Basil Westgate, Fred Dymond.

Beets—Evelyn Matthews, Dorothy McIntyre, Evelyn Johnson. Carrots—Fred Woods, Dorothy McIntyre, Dorothy Westgate.

Onions—Marjorie Lyons, Gordon Harris, Dorothy McLean. Parsnips—Elene Wright, Jack Matthews.

Table boquet—Mary Lyons. Nine blooms, asters—Marjorie Lyons, Dorothy McIntyre, Marjuri Waltham.

Asters—Marjorie Lyons, Robert Morgan. Phlox—Mary Johnson. Cockerel—Roy Brush, Alma Westgate, Harry Wood.

Pullet—Harry Woods. Pen—Catharine Johnson, Alma Westgate, Gordon Galbraith. Pen, any age—Dorothy McIntyre. Apples—Alice Smithrim, Kenneth Foster, Doreen Pike.

Pears—Gordon Galbraith. Bread—Josephine Redmond, Evelyn Matthews. Maple cream—Beatrice Wood, Dorothy McIntyre, Gordon Galbraith, Layer cake—Laura Noxell, Marjorie Lyons, Doreen Pike.

Girl's dress—Mary Phillips. Dressed doll—Laura Noxell, Gertie Phillips.

Five paper articles—Dorothy McIntyre, Winnifred Smithrim, Alex. Harris. Stable plan—Stuart Moorehouse.

Weeds—Carlyle Thompson, Jack Wright. Feathered pets—Harry Fuller, Willie Fuller, Eugene Beattie.

Furred pets—Mabel Denning, Harry Langford. Brown eggs—Margaret Burchiel, Jack Wright, Aubrey Lyons.

White eggs—Olive Smithrim, Gordon Galbraith, Aubrey Lyons. Writing, fourth class—Trevah Irwin, Marjorie Lyons, Olive Smithrim.

Writing, third class—Margaret Burchiel, Evelyn Matthews, Joe Langford. Writing, second class—Margaret Kellam, Clayton Morgan, Clarence Mitchell.

Writing, first class—Winnifred Smithrim, Dorothy McIntyre. Primer—Doreen Pike.

Illustration—Dorothy McIntyre, Winnifred Smithrim. Illustration of "The Ploughman Homeward Plods His Weary Way"—Marjorie Lyons.

Dressed Doll—Elene Wright, Dorothy McIntyre. The day's program was closed with the races, which were keenly contested, cash prizes being donated by residents of the township.

The relay race was won by S.S. No. 12, Warwick. Some of the amusing races were the fat man's race and the fat woman's race.

The Metcalfe council and the Women's Institute also contributed cash prizes for special exhibits.

A MOTHER'S DUTY TO HER DAUGHTER

Health Must be Guarded as She Comes to Womanhood

Every mother who calls to mind her own girlhood knows how urgently her daughter is likely to need health and strength during the years between early school days and womanhood.

It is then that growing girls droop and become bloodless and nervous. Nature is calling for more nourishment than the blood can supply, and signs of distress are plainly evident in dull eyes, pallid cheeks, weak and aching backs and a dislike for proper food.

These signs mean that the blood is weak and watery. The watchful mother takes prompt steps to give her girl the new, rich blood her system calls for by giving her Dr. Williams' Pink Pills.

No other medicine has ever succeeded like them and thousands of mothers have proved their worth. Mrs. W. H. McIntyre, Gananoque, Ont., tells what these pills have done for both herself and her daughter. She says: "I have used Dr. Williams' Pink Pills for many years, especially in times of weakness and general debility, and have found them a most satisfactory medicine. After a severe attack of influenza I found myself in a nervous condition and resorted to my old tonic—Pink Pills—and they did not fail me. I also gave them to my eldest daughter, who was in a serious condition due to ailments of girls of her age. She complained of headaches and backaches, and would often grow hysterical. She began taking the pills and was soon on the road to health again. She never complains now of headaches or backaches, and I give the credit to Dr. Williams' Pink Pills. When ever I see any of my children ailing or in need of a blood tonic, I give them these pills and always with the best results."

You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The death occurred suddenly in Windsor, on Sunday, Sept. 24th, of Mrs. Oscar Cornell, formerly of Warwick, and Arkona. Deceased's maiden name was Kate Richter, a daughter of Mr. and Mrs. Adam Richter. She is survived by her husband and an adopted daughter, also her mother, Mrs. Adam Richter of Arkona.

WILSON'S FLY PADS

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.

WHAT CAUSES SO MUCH SICKNESS

Constipation Responsible for 90% of Disease

"FRUIT-A-TIVES" Corrects It

It is generally recognized among the medical profession that Constipation or Insufficient Action of The Bowels, produces more disease than any other one cause.

Constipation is responsible for the Indigestion and Dyspepsia—the nervousness, Insomnia and Rheumatism—the Eczema and other skin troubles—the Headaches and Backaches.

Why is this? As you know, it is the duty of the bowels to carry off the waste matter in the system. If the bowel muscles are weak or the liver inactive, then this waste matter remains in the body and poisons the blood. As a result, every organ in the body is poisoned by this waste.

"Fruit-a-tives" has been wonderfully successful in relieving Stomach Troubles, Nervous Troubles, Liver Troubles, Kidney Troubles, Skin Troubles and Blood Troubles, because "Fruit-a-tives" positively and emphatically relieves Constipation.

"Fruit-a-tives" will always relieve Constipation, even though the trouble has been chronic for ten, fifteen and twenty years. Thousands of grateful users proclaim "Fruit-a-tives" the greatest remedy for Constipation that the world has ever known.

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

HALL'S CATARRH MEDICINE

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health.

This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and assisting Nature in restoring normal conditions.

All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Secret Skin Troubles

MEAN NIGHTS & DAYS OF ITCHING TORTURE.

A well-known physician says that he comes across many terrible cases of secret skin disease. Because there's a natural disinclination to seek advice, the sufferer either neglects the trouble in its early stages, or else aggravates it by use of some poisonous mineral ointment. Whilst this may hide up surface trouble, it also drives disease further into the skin.

You cannot thoroughly and permanently banish diseases like eczema, tetter, psoriasis, ringworm, etc., unless you first destroy all disease germs. Zam-Buk does this quickly and thoroughly.

Zam-Buk is unique in its germicidal and healing strength. Its soothing herbal essences penetrate into the skin right into the weakened and diseased inner tissues, killing the germs and uprooting disease at its very source.

The first dressing of Zam-Buk ends the dreadful itching and when all sore inflamed tissues have been thoroughly soothed and purified by Zam-Buk, every trace of disease is made to disappear, and there is a splendid new growth of clear healthy skin.

Don't endure skin torture a day longer! Get Zam-Buk to-day! Apply to the first itchy spot, sore eruption; use it for healing cuts, burns, scalds, ulcers and poisoned wounds; also for weakening, painful piles.

50c. box, all chemists and dealers.

and Amy Minielly. on Mouth Organ—Tom in Learn.

d Rock Pullets—Clar-Jougal Janes.

d Rock Chickens from ggs—Merton Bryce, Jack

d Rocks—Jack Main, rkins, Hugh Ferguson. Leghorns—Bert Lester,

horn Cockerel—Chas. t Lester.

ntams—John Brandon, h. wn Leghorns—Johnny

—Amy Minielly, Freddie jorie Hawkins.

Kitten—Jim Prince. —Ed. Shepherd.

er 10 months—Arthur

Shorthorn Calf—A. Wilkinson, W. Wilkin-

Calf under 6 months— f—H. Ferguson.

alf doz. Hens' Eggs— ds, Billie Cousins.

ming Competition—Max- nd Reta MeLeay; Victor d Murton Learn.

ing Colt—H. Ferguson, rd.

—Ed. Shepherd. g—Ross Kenzie.

cream Puffs—Jean Mc-

rn Growers' Association Special Prizes

r White Cap Yellow Dent ld Ross, Johnny Dolan, ndie.

son Golden Glow corn- arson, George McIntosh. r Longfellow corn—Mason Cyril Warren, Stanley

r Salzer's North Dakota Wilkin-

White Cap Yellow Dent ld Ross, Geo. Wilkin-

son, onson.

a Golden Glow—Harold Geo. McIntosh.

rs Longfellow—Stanley

Salzer's North Dakota-

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action to have a range good baker—that gets ut of your recipes—that little fuel and maintains ren heat.

ought Ranges save your back, your time and your 'ey are easy to regulate, ig oven, even heat and ng surface make the work unnecessary stooping— ere is every attachment to a woman's work lighter. dred thousand homes have ought Ranges. Ask your She probably has one.

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