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### Teacher's Institute

The annual meeting was held in the Methodist Church, Petrolea, on Thursday and Friday Oct. 14 and 15. Rev. Dr. Knowles of the Methodist church opened with devotional exercises and extended a most cordial greeting to the deachers.

extended a most cordial greeting to the teachers.

Miss Reid's paper on primary work was interesting and educational. She taught the symbols of sounds first, then busy work, which included Kindergarden sticks, making of objects, picture puzzles. These things should be done accurately. Paper cutting requires small scissors which are very useful in other work. Drawing with crayon of simple objects also introduced.

Miss McTavish also dealt with primary work. Interest in the letters was to be had by allowing pupils to outline them with peas or beans. Teacher makes a copy word or letter on the slate and pupils copy these. In reading have them do it naturally. This requiries lots of practice.

practice.

Composition for second class was taken up by Miss Alexander. Oral work taken first, then written. This subject is nsed in all subjects so very important. Do not accept any careless or loose work or statements. Original stories, criticism, variety, fairy stories all help. The black board should be used freely. Miss Mott had composition for I. class.

Miss Mott had composition for I. class. Stories as sutjects awaken our interest in many things, Bible, nature, pictures are also good material. Examine carefully all work doing and have errors corrected. The great object here is to increase the vocabulary of the pupils. The afternoon session was opened with devotional exercises by Rev. J. M. Macgillivray of the Presbyterian church. The discussion on the superannation scheme was led by Mr. J. W. Plewes, of Chatham. He pointed out that if the scheme was turned down now it is nil. He spoke on the clauses of the bill and made them clear.

made them clear. Mr. Carbert, of Alvinston, opposed the scheme. He thought it a poor investment. Teachers should provide them-

selves with a reserve. selves with a reserve.

Inspector McDougall favored the scheme as far as he himself was concerned but saw the difficulty of the rural teachers. He suggested the appointment of a committee to bring in a resolution later.

Olution later.
Committee—Misses McPherson, McRobie, Messrs. Shrapnell, Carbert.

Thompson, Matthews.
Mr. J. W. Emery, B. A., of Stratford, took Geography with III. book classes.
The senior III. class he introduced to the lesson by general questions on the pro-vinces. The special lesson was on Nova Scotia. He drew from the class the industries, fishing, kind, how caaght, where sent. The class took their Geography readers, read with interest what was told there and then wrote it. The junior III. class reviewed the continents, especially North America. They made a large map of earth on the table. Picture post-cards would also be useful. Departmental publications could be had for the asking. Supplementary Readers could also be used.

Misses Hume and Buchanan outlined the work done at the O. E. A. Toronto,

A round table conference for teachers of V. class was held and many interesting The evening meeting held in the Methodist church was more of an in-

formal social nature than usual. Lun-cheon was served at the close of the musical program. The evening was thoroughly enjoyed by all.

Report of nominating committee:— Hon. Pres.—N. McDougall, B. A.; Hon. Vice Presidents.—W. Clyde, B. A., A. B. Steer, B. A.; President-Wm. Windover; Vice-Pres.—Miss M. Reid; Sec. Treas—

Vice-Pres.—MISS M. Reid; Sec. Areas
R. J. Campbell.
Rxec. com:—W. H. Shrapnell, Watford; R. Henderson, Petrolea; Miss M.
McRobie, Petrolea; Miss L. Bell, Oil

Springs.
Auditors—Miss Ida Smith, Miss Mary
MacDonald.

Auditors—Miss Ida Smith, Miss Mary MacDonald.
Committee on physical training:—Chairman—N. McDougall B. A. Members—Miss J. Ford, R. Henderson, B. Currie, Miss G. Shrapnell.
Review Committee:—III.—Geography Miss N. Stapleton; History, Miss E. Windover; Arithmetic, Mr. W. H. Shrapnell; Literature, Miss M. Barrett; Composition, Miss M. Davis.
II.—Arithmetic, Miss M. Davis.
II.—Arithmetic, Miss L. Parks; Geography, Miss E. Long; Composition, Miss C. Alexander.
Report of Superannuation Committee.—The committee met and after some discussion, although all the delegates were not present, decided to recommend the approval of the proposed Bill for the superannuation of teachers, and we believe that any apparent defects will be remedied to the interest of the teachers. Friday morning the reports of the committees were brought in.
The report of the nominating committee was adopted but that of the superanuation committee was rejected.
Miss Ida Smith, Petrolea, and Miss Bell, of Oil Springs, were appointed delegates to the O. E. A.
Promotion examinations was discussed by Mr. McDougal. Joint promotion

Promotion examinations was discussed Promotion examinations was discussed by Mr. McDougal. Jont promotion papers are made up by the inspectors and it is their intention to set fair papers that can be answered in a reasonable time, not to pluck pupils. The teachers present thought the papers fair enough. Fair-ness in marking, but not be too lenient, was advised.

was advised.

Mr. Emery discussed Hygiene in the public school. This subject is of vital importance because it deals with health and good health is necessary to do work well. The nation requires the best and strongest bodies possible—a sound mind in a sound body. Life could be lengthened if people were not so ignorant of the laws of health. Teachers should get pupils into good habits of life rather than fill their minds with facts. Calisthenics should be part of work in hygiene. Care of bodily appearance should also receive

careful attention.

careful attention.

Mr. Steer, principleof Watford High School, thanked the Association for an invitation to be present and gave some good advice along hygienic lines.

A collection in aid of Red Cross work amounting to \$50 was taken up.

Miss Bell discussed "How to secure neatness in work." The pupils are great imitators so the teacher should be neat not only in appearance but in the way the work is done. Pupils should be trained to be orderly. Many pupils come from homes of untidiness therefore a great amount of time is necessary to correct bad habits.

correct bad habits.

Miss Tanner dealt with order in a school. A place for everything and everything in its place. Make neatness a daily task not a special one. Teachers should not fail to give praise whenever possible. Teaching should be the living example to the pupil of a neat orderly life.

Mr. McDougall spoke along general lines. 120 teachers were present out of 123. 40 changes occurred during the past term. The ideal of the teacher is everything. Our character, our work is the ideal set before the child. Set right ideal before pupils first of all. Train pupils for good citizens. He spoke about what he expected to see when he visited the school—neat premises, busy interested pupils.

ested pupils.

Friday afternoon was used by the teachers to visit the North Enniskillen rural school fair.

## CHILDHOOD AILMENTS

Ailments such as constipation, colic, colds, vomiting, etc., seize children of all ages and the mother should be on her guard against these troubles by keeping a box of Baby's Own Tablets in the house. If any of these troubles come on suddenly the tablets will cure them, or if the little one is given an occasional dose he will escape these troubles. The tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MARKETS			
WATFORD GRAIN AND SEEDS—			
Wheat, fall, per bush \$ 85 @ \$0 85			
Oats, perbush 30 34			
Barley, per bush 40 40			
Barley, per bush 40 40 Beans, per bush 1 50 2 50			
Timothy 3 50 3 75			
Timothy 3 50 3 75 Clover Seed 9 50 12 00			
Alsike			
PROVISIONS—			
Butter, per pound 25 25			
Lard, " 18 18			
Eggs, per doz 28 28			
Pork 9 50 11 00			
Flour, per cwt 2 75 3 30			
Brar, per ton			
Shorts, per ton32 00 32 00			
MISCELLANEOUS-			
Wood 2 00 2 50			
Tallow 6 6			
Hides 8 10			
Wool			
Hay, pe <b>r tor</b>			
VEGETABLES AND FRUIT-			
Potatoes, per bag 1 15 1 60			
POULTRY-			

FUULIKY—		
Turkeys, per 1b	12	13
Chickens, per lb	9	9
Fow1	7	7
Ducks	7	:8
Geese	8	8
London		
Wheat \$ 75	to	\$ 90
Oats, cwt 1 10	to	1 75
Butter 30	to	32
Eggs 33	to	35
Pork 12 50	to	13 25
Toronto		
Toronto, Oct. 26 Receip	ots a	at the
Union stockyards to-day were		
304 calves 1 496 hors and 1		

304 calves, 1,426 hogs and 1,530 sheep and lambs. There was a good steady market to-day with a shade firmer tone for anything in the line of good butcher or good feeders. Extra choice heavy cattle were scarce, several small bunches fetching good prices, one choice lot selling at \$7.95. For the general run of medium

\$7.95. For the general run of medium and common cattle prices were steady but firm. There is a good demand for choice quality feeders. Butchers' cows a little weaker. Good veal calves steady. Choice light lambs are selling very firm at \$8.50 to \$8.90, with a few choice decks black-faced at \$9.

Hogs steady at this week's decline of 25c.

To-day's quotations:
Butcher steers, choice..
Butcher steers, good.... 7 75 to 7 15 to 6 85 to 6 25 to 5 50 to 25 00 do., good.....do., medium..... 6 25 50 5 00 to

do., good.....do., medium 5 50 to 5 00 to Feeders.....do., bulls..... Stockers....do., medium.....do., light.... 6 00 to 5 75 to Canners 3 25 to Cutters 3 75 to Milkers, choice, each 60 00 to Springers, each 50 00 to Calves, veal 9 00 to do., medium ......
do., common ......

Yearling lambs..... 7 00 to Spring lambs
Spring lambs
Ewes, light
Sheep, heavy and bucks,
Hogs, weighed off cars,
do., fed and watered,
do., f. o. b.

heavy, \$8 to \$8.10; mixed, \$7.85 to \$8; yorkers, \$7.60 to \$7.90; pigs, \$7.25 to \$7.60; roughs, \$6.75 to \$7; stags, \$5 to \$6.25. Sheep and lambs—Receipts, 1,400 head; active; sheep steady; lambs, \$6 to \$9.35; others unchanged.

### ARKONA

Mr. Blackburn, of Sarnia, spent Sun-

lay with friends in town. Mr. and Mrs. Sanford Lucas and son Douglas, of Alvinston, spent Sunday with Mr. and Mrs. W. Lucas.

Mr. and Mrs. E. Wright who have been spending the past three weeks at Mr. J. Geo. Brown's returned on Tues-day to their home in Manteno, Ill.

Mr. Will Williams spent Sunday in Miss Wray, of Watford, is visiting at Dr. Hume's.
Call and see our new assortment of

silk waisting.—Brown Bros.

We are glad to know that Mr. Bob Riggs who has spent the past five weeks in St. Joseph's Hospital after undergo-going an operation, has returned home much improved.

Mr. Wesley Lucas and daughter Madeline, leave this week for New Liskard. Mr. James George, baker and confec-tioner, has sold his business to Mr. Garnet George, who takes possession

Mr. Thos, Lampman attended the Fruit and Vegetable show in Sarnia this week.

Miss L. I. Dickison begs to announce a special sale of fall and winter hats for Friday and Saturday Oct. 29th and 30th. Dr. E. M. Copeland, of London, spent a few days with friends in town last week.

Mrs. William Richter who has been

spending the past month with l daughter, Mrs. Oscar Cornell, Windsor, returned home last Monday.

Mrs. Springstead and daughter, of Inwood, spent Sunday with Mr. and Mrs. Wm. McKay.

The funeral of the late Mrs. Jas. Evans of Enniskillen, took place from her son's, Mr. Wm. J. Evans to the Arkona cemetery last Sunday.

Mr. W. J. Fuller, Mr. and Mrs. Fred

Nelson spent Sunday with friends in Glanworth.

Remember the date of the Baptist Church fowl supper Nov. 17th. Miss Madeline Lucas spent Sunday with Miss Ella Copeland in London.

Mrs. McIntosh and daughter of Enniskillen, attended the funeral of her mother, Mrs. Jas. Evans on Sunday. Fall and winter underwear for men women, boys and girls .-- Fuller Bros.

# Lieut. Stapleford at Dutton

The Dutton Advance of last week its report of a Red Cross meeting held in

As Lieut. Stapleford, supported by a cane, stepped on the platform the audience went into raptures in the warmth of its reception. The gallant soldier modestly claimed that he was not an orator, and went on in his simple but most interesting way to tell of his expermost interesting way to tell of his experiences at the front. By means of a blackboard he illustrated the positions of the different forces, the trenches and the mmunications at Festi June 15th, when he received seven wounds as he led in a bayonet charge on the German trenches after being blown the German trenches after being blown up by a mine, including a bayonet wound in the arm and a badly fractured aukle by a sniper's bullet. Where he fell was but a few yards from the British trench but it took him four hours to crawl to it. He paid a tribute to the Red Cross Society for the noble work they are doing. He described the Germans as well compred with machine came in well equipped with machine guns, in fact they seem to be carrying them in their pockets. In that engagement, which was so

graphically described, were 700 men and 22 officers, of whom only 42 men and one officer escaped. It was in that battle that Lieut. Col. Beecher, of London, was killed and also Lieut. Metcalfe, of St.

A touching appeal was made that the boys at the front might not be forgotten. A little token from home or friends had wonderful influence in arousing the depressed spirits of the soldiers. He had often seen when the mail was distributed the fortunate ones receive the reminders from home with a smile of gladness while the disappointed ones would wipe their tear-dimmed eves.

tear-dimmed eyes.

In concluding, Lieut. Stapleford asked that patience be exercised as to when the war would end. It will end in the triumph for freedom, and that may not be very long.

# The Western University

The Western University is reaping the advantage of the extra thousands of dollars that are now being put into its organization every year. Instead of organization every year. Instead of having to face a very large reduction in the number of students, as is the case in the other universities, the registration this fall is equal to the high-water mark of last year, though many others have been prevented from attending owing to the unusual conditions of the present

The new science labratories are proving to be a valuable addition to the equipment of the University and are sure to have a splendid development under the direction of Professors Robertson and

# THE STERLING BANK

OF CANADA

SAVE, Because-

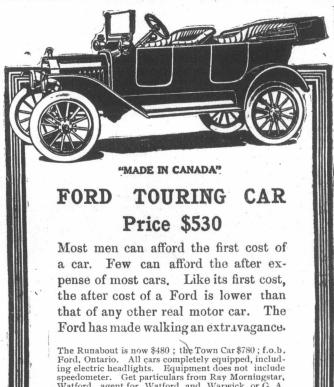
Thrift begets confidence, and confidence begets success.



Recruiting is now opened for 70th Battalion, Canadian Expeditionary Force.

Recruiting Stations for Lambton County are located at Sarnia, Petrolea, Alvinston, Watford, Forest, Thedford.

Watford Recruiting Station is in charge of Lieut. E. W. Lawrence.



The Runabout is now \$480; the Town Car \$780; f.o.b. Ford, Ontario. All cars completely equipped, including electric headlights. Equipment does not include speedometer. Get particulars from Ray Morningstar, Watford, agent for Watford and Warwick, or G. A. Hadden, Alvinston, agent for Alvinston and Brooke.

IS time to think of Fall Shoes. open the new season with an elegant range of reliable footwear for the whole family. FASHION-FIT-COMFORT. Don't spoil the effect of your new fall suit by wearing shabby or ill-fitting shoes. Note our prices carefully. Cheap shoes never save you money. We are ready with the finest stock of Rubbers ever handled, and prices will meet any Toronto house. Try us.

CASH OR PRODUCE

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WATFORD'S SHOE PARLOR