

ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until He Tried "FRUIT-A-LIVES".



MR. JAS. S. DELGATY.

R.R. No. 4, Gilbert Plains, Man. "In the year 1910, I had *Nervous Prostration* in its worst form; was reduced in weight from 170 pounds to 115 pounds. The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-lives". I began to mend almost at once, and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health. I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of "Fruit-a-lives" in the house."

JAS. S. DELGATY

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

The Transcript.

THURSDAY, JUNE 20, 1918

Newbury

Calvert Reycraft is home from the West.

Miss Jennie Weaver is visiting Glencoe friends.

Mrs. R. K. Jeffery has returned home from Windsor.

Miss Laura Gay returned home from Windsor on Saturday.

Cecil Gillett went to London on Monday to don the khaki.

Miss W. Owens of Oakville arrived home Saturday evening.

Miss Jean Fletcher left Tuesday via C. P. R. for Melville, Sask.

Ed. Grant of London spent Sunday at his parents' home here.

Mr. and Mrs. Wm. C. King spent the week-end with Detroit friends.

Mrs. McDonald and daughter Ora left on Thursday for a visit at Goldwell.

The Church of England lawn social June 28th promises to be a very attractive affair.

John Burgess and wife of Dresden spent Sunday with his mother, Mrs. Alex. Armstrong.

Mr. Vanduzer, having closed down the basket factory for a time, left on Tuesday for his home in Toronto.

A. Holman is deputy registrar and J. A. Armstrong, Miss Bessie Fennell and Miss Annie E. Connelly assistants for the registration on June 22nd.

Two of our Newbury boys have advanced their positions in France. Gilbert Fletcher is now sergeant-major and Ralph Longley is sergeant. Both are well.

Mrs. Lamb and daughter, Miss McLean, arrived home from London on Saturday. They were accompanied by Mrs. A. B. Doblyn, who remained a few days.

Crinan

Haying has started.

John D. Campbell has purchased a new Chevrolet.

G. Bowman, con. L., has purchased a new Chevrolet.

J. C. McMillan has purchased a Chevrolet car from L. G. Brown.

The Crinan Farmers' Club will meet on the first Thursday in July.

Urguhart Bros. entertained a number of friends on Tuesday evening.

John Strachan occupied the pulpit of Argyle church Sunday morning.

Donald Stalker reported for service in London on Monday of last week.

A. E. Evans and family and Mrs. A. M. Baldwin visited here on Sunday.

N. McGill, Graham Road, has disposed of his farm to Dr. Ripley, West Lorne.

A shipment of cheese has been made from Crinan cheese factory, the price being 22c.

Born—to Mr. and Mrs. J. A. Matheson, on Saturday, June 15, a son—Ivan Fowler.

Mr. and Mrs. J. C. McMillan and Miss Grace McIntyre motored to Chatham Sunday.

When a man goes out on a lark he sometimes comes back in an ambulance.

Letters give information only when they are posted. It is different with some men.

Melbourne.

Orville Richards is visiting at his home here.

Mrs. Howard Hansford is visiting Detroit friends.

The Khaki Komrads are preparing to hold a strawberry festival.

Calvert Fletcher is spending the week-end with his mother here.

Mr. and Mrs. John McAlpine of Ekfrid called on friends here last week.

Mrs. Robert Carruthers entertained a few friends to an afternoon tea recently.

Miss Farrington of Wardsville is presiding at the Lower School examinations here.

Miss Mary E. Mather is attending the Robekah assembly in Hamilton this week.

Mrs. Muckle of Glenheim is visiting her parents here, Mr. and Mrs. Robert Parr.

Miss Fille Richards has returned home after visiting her sister, Mrs. Houston, in Detroit.

Miss Jessie Shearer of Toronto and formerly of this village called on friends here a few days ago.

Miss Helen Kopsworthy of St. Thomas is spending the summer with her aunt, Mrs. Dan Campbell.

W. G. Robinson, principal of the continuation school here, is presiding at the examinations in Glencoe.

Dr. Hugh Fletcher of Cleveland and his sister, Miss Mary Fletcher of Detroit, are visiting friends here.

The trustees of our public school have been improving the school room by having a new slate blackboard put in and the seats rearranged.

The Mission Band in connection with the Presbyterian church here held an afternoon tea on Thursday last. A very sociable time was spent. Proceeds amounted to about \$9.50.

Health cannot be looked for in the child that is subject to worms, because worms destroy health by creating internal disturbances that retard development and cause serious weakness.

Miller's Worm Powders expel worms and are so beneficial in their action that the systems of the little sufferers are restored to healthfulness, all the discomforts and dangers of worm infection are removed, and satisfactory growth is assured.

Strathburn

Dave Allan is on the mend again after a severe illness.

Nat. Currie is home after having undergone a serious operation.

The oil company were surveying on the townline one day last week.

The treasurer of the Battle Hill Relief Society acknowledges the receipt of \$10 from Mrs. Fred Simpson.

The Battle Hill Relief Society shipped for June the following: 12 shirts and 28 pairs of socks to Hyman Hall, and 1 shirt and 2 pairs of socks overseas. Total value, \$56.

Mr. and Mrs. D. H. McFae motored to Ridgeway on Sunday and attended services at Zion Presbyterian church, of which Rev. George Weir is pastor.

Forty new members were received into the church on Sunday.

Kilmartin.

Miss Grace Wood of London is visiting her sister, Mrs. D. N. Munroe.

Donald Secord of Camp Custer, Mich., Miss Williamson of Brandon, Manitoba, and Corporal Geo. M. Secord of Toronto are visitors at John Secord's.

Wardsville

The West Middlesex Women's Institute met in convention at Middlemiss. Mrs. J. B. Matthews of Delaware presided. A good report was given, every branch except Strathburn having delegates present and answering the roll call.

About \$2,000 was contributed to patriotic purposes by the district throughout the year, Appin being the banner branch.

Mrs. Daws of Theedford gave a splendid address dealing with many live questions. A resolution was passed that West Middlesex ask for medical inspection for the schools in that district.

Mrs. Hammett of Newbury gave some very practical suggestions, proposing that the delegates immediately carry into effect some of the good ideas brought out during the convention. An instrumental duet was rendered by Mrs. Sparling Clarke and Miss Wellman of Melbourne. The delegates from Wardsville were Mrs. A. Sheppard, Mrs. B. J. Petch and Miss Gardner. Mr. and Mrs. Duncan L. Purcell took the ladies over in their car.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of

W. G. Putnam, Superintendent Women's Institutes.

The Transcript is agent for the Appin Counter Check Book Company. Why not give us your next order for check books? No matter what style of check book you are using, we can duplicate it at the same price. Give the local man the preference.

GREAT POTATO WASTE

Can Be Prevented by Thorough Spraying.

Women's Meetings in Full Swing—The Summer Institute Meetings Are of Benefit to Every Woman Who Attends—Topics to Be Discussed and Work Planned.

(Contributed by Ontario Department of Agriculture, Toronto)

POTATOES are sprayed to prevent such fungus disease as Early Blight and Late Blight and Rot. These diseases are caused by plants known as fungi. These fungi which derive their nourishment from living plants injure them in so doing in various ways and thus give rise to what are known as fungus diseases.

In combating the great majority of fungus diseases methods of prevention only are practicable. Spraying potatoes is not done to cure but to prevent disease. In other words the object of spraying is to cover the surface of the leaves and stems with a substance, poisonous to the spores of fungi, in which they cannot grow, and penetrate the plant. Spraying, therefore, in order to be effective, must be timely and thorough. The spray mixture must be on the plants before the spores reach them and the surface of the leaves and stems must be covered so completely that there is not the smallest space on which a spore can germinate.

Efficient spraying of potatoes depends:

1. Upon the use of the proper fungicide. Bordeaux mixture has so far proved to be the only satisfactory spray-mixture for potato diseases.

2. Upon timely and repeated spraying. Spraying should be commenced when the plants are from six to eight inches high and repeated at intervals of from a week to ten days throughout the growing season. From three to seven applications will be required, the number depending upon the weather, the wetter the weather the more frequent the spraying.

3. Upon the liberal use of Bordeaux mixture. From 50 to 150 gallons of Bordeaux mixture should be used per acre at each application.

4. Upon thorough spraying, which means the covering of every portion of the plant with the Bordeaux mixture in the form of a fine mist. This can be done only when the solution is applied with good pressure so as to insure covering every portion of the plant. The best results from spraying are obtained when potato sprayers are used which are fitted with T-joint attachments, so as to insure covering both surfaces of the leaves at each spraying.

5. Upon spraying before rather than after prolonged rainy periods. Infection of the plants takes place during or soon after rain. Therefore it is of the utmost importance to have the spray mixture on the plants when the rain comes. —Prof. J. E. Hewitt, Ontario Agricultural College.

The Importance of Women's Institute Meetings.

A series of meetings which, to the women of rural Ontario, have always proved worth while, and increasingly so the last year or two, is the Women's Institute meetings. These are important because they are so far-reaching in their nature. They afford the town and country woman, no matter what her denomination may be, a channel through which she can be of all-round service to humanity.

Since the war began Red Cross and other patriotic work has, of course, received first consideration. The alleviation of suffering seems peculiarly woman's work. The need is greater to-day than ever.

The great demand by the Allies for certain foods such as beef, pork, wheat and sugar has caused the housewife to change her methods of pre-war days. She must now learn to substitute and to eliminate various forms of waste. Perishable foods must be more widely used, not only in summer, but also in winter. These must be conserved through proper storage, canning or drying. Such subjects as these may be discussed at the meetings. An expert demonstrator may be secured from the Department to give information or a practical demonstration to assist the housewife. The members may club together and do their canning at one centre with one fire if they so choose, and in addition to the work accomplished may have a sociable time together.

The children in the rural districts must not be forgotten. They must be prepared for the great responsibilities which are too soon to fall upon them. Their education must not be neglected. They must not be handicapped by physical imperfections. Subjects of importance to the child must be discussed and means adopted to improve conditions. The Medical Inspection of rural schools and the clinics held through the Women's Institute are doing much to improve conditions.

The girls also need attention. We are apt to forget the girls in our anxiety for the boys. Their lives and their prospects for the future are being affected by this war. Hence opportunities for study, for amusement, for developing their talents to the full, must be afforded them. Many of these opportunities may be secured through the Institute.

Surely with subjects of such vital importance as the above-mentioned, all meetings should be worth while. We would call the attention of all to the importance of the summer meeting, held throughout June, when the delegate from the Department is in attendance. She has the latest information on all subjects of importance to the Institutes, and is a specialist on her own particular subjects. —G. A. Putnam, Superintendent Women's Institutes.

A GREAT SAVING

OF SHOE MONEY

Thursday, Friday and Saturday

Come to Russo's Thursday, Friday and Saturday, and we'll hitch more value to your Shoe Money than you expect these days when shoe prices are away up. It will be the buyer who will make the money, not the one who will stay away.



SPECIAL!

Ladies' Dark Havana Vici Kid at \$4.98
Ladies' Black Vici Kid, 8-inch top, Louis heel, at 3.98
Ladies' Gunmetal, 9-inch top, military heel, at 3.48
Ladies' Grey Kid, Goodyear welt, reg. \$14, at 11.00
Ladies' Black Vici Kid, well-known Blackford Shoe, reg. \$12, at 8.50
Ladies' Suede Pump, turned sole, reg. \$4, at 2.23
Ladies' Patent Leather Pumps at 1.98
Ladies' Black Vici Kid Patent Tip Oxford at 2.98
Ladies' House Slippers at98
Ladies' Pearl Grey Pumps, reg. \$8, at 4.49
Ladies' White Canvas Pumps at 1.49
Ladies' Patent Grey Oxfords at 6.49
Ladies' Patent Mahogany Oxfords at 6.49
Ladies' White Vici Kid Oxfords, reg. \$11, at 7.95
Ladies' Classic Oxford, vici kid, champagne, at 3.49
Ladies' Black Vici Kid, cushion sole, rubber heel, at 4.49

Ladies', Misses', Men's, Youths' and Kiddies' Outing Shoes at greatly reduced prices.

Boys' Shoes, 20 pairs in stock to clear away, sizes 2 to 5, at \$2.98
Boys' Box Calf Shoe, guaranteed never to rip 3.98
Boys' Gunmetal Calf, button or lace, at 3.69
Youths' Gunmetal Calf Shoe at 2.59
Youths' Velour Calf Shoe at 2.98
Youths' Dongola Kid at 1.69

This Way, Men, for Reliable Footwear Bargains

Men's Working Shoe, solid leather, at \$2.98
Men's Tan Calf Work Shoe, all solid, at 3.98
Men's Urus Calf, the very best make, at 4.49
Men's Goodyear Welt Elk Shoe at 5.49
Men's Box Calf Shoe with rubber heel 4.98
Men's Dress Shoe, vici kid, reg. \$9, at 6.50
Men's Black Gunmetal Calf at 5.98
Men's Mahogany Shoe, Nublin sole and rubber heel, at 6.49
Men's Dark Havana, rubber sole and heel 5.98

WHERE QUALITY COUNTS WE WIN

MODERN SHOE STORE

Main Street

Glencoe

Appin

The Presbyterians intend holding a lawn social on the church grounds on July 1st.

Eight pupils of the public school here are writing on the entrance examination at Glencoe.

James W. Macle is in Victoria Hospital, London, having an operation for the removal of a cancer.

Mr. and Mrs. Sam Lotan and Mr. and Mrs. James Lotan motored to Thamesford on Thursday and spent the day with relatives there.

Mrs. J. A. McTaggart, Mrs. James Allan, Mrs. Barclay and Miss Helen Macle were delegates from Appin to the Women's Institute convention held in Middlemiss on Friday.

Ekfrid Station

Mrs. Chris. McCallum spent last week with friends at Wardsville.

There will be no service in S. S. No. 4 schoolhouse next Sunday evening.

Mrs. Bernice Galbraith and son Duncan visited last week with friends at Wingham and London.

Dr. and Mrs. Duncan Dobie of New York visited with his niece, Mrs. James Murray, while on their trip to this part.

We would call the attention of all to the importance of the summer meeting, held throughout June, when the delegate from the Department is in attendance. She has the latest information on all subjects of importance to the Institutes, and is a specialist on her own particular subjects. —G. A. Putnam, Superintendent Women's Institutes.

Mother's can easily know when their children are troubled with worms, and they lose no time in applying the best of remedies—Mother Graves' Worm Exterminator.

A New York state man thought he heard another man talking German the other day, and hit him on general principles, only to find out that the offender was French, and that the fine was \$10.

Florence

Born—to Mr. and Mrs. Wm. Brown, a son—John Edward.

Born—to Rev. and Mrs. V. T. Moon, a son—David Kenneth.

Mr. and Mrs. George Johnston of Bothwell spent the week-end here.

Mrs. Rachael Mawlam and family Thomas and Lila, of Florence, were the guests of Mr. and Mrs. A. R. Summers on Sunday.

Mr. and Mrs. Percy Sanderson and family of Bentpath were the guests of Mr. and Mrs. Henry Mawlam on Sunday.

Mr. and Mrs. Thomas Stinson and Mrs. Ted Stinson motored to London on Sunday.

Mr. Gammage of Croton was the guest of Sandy Brown.

When a rich man does not give he is called miserly; when he does he is accused of seeking notoriety.

People would get more real enjoyment out of money if it took them as long to spend it as it does to earn it.

The farmers will find out that publishing a newspaper is worse than letting their sons go to war.—Windsor Record.

Stock sale of well-bred Durhams at Ekfrid Siding on Thursday, June 20—10 cows, springers, some with calves by side; 5 farrow cows; 10 steers, 2 years old; 800 to 1,000 lbs., good grass cattle; 10 yearling steers; 7 yearling heifers; 5 calves. Six months' credit on approved bankable notes; 6 per cent. per annum discount for cash. McKillop & McWilliam, proprietors; L. L. McTaggart and Daniel Black, auctioneers.

Corns cripple the feet and make walking a torture, yet sure relief in the shape of Holloway's Corn Cure is within reach of all.

UNEARTHLY WAS THIS MUSIC

German Publication Reprimanded by Press Agent for Mistranslation of Adjective "Heavenly."

The censorship of foreign language publications by the post office department won't be at all offensive to one of the musical comedies which recently opened in New York. And if the censorship can extend to the point of gathering altogether a certain German periodical, then the press agent will be even stronger for the government.

His animosity dates back to the hand-painted account of the opening of his play, which he wrote and sent out some twelve hours before the curtain was raised on the premiere. However, his description of the charms of the chorus, the plot, the scenery and the personnel of the audience didn't suffer on account of anything like that.

On the question of the beauty of the music he was especially grandiloquent, and when he called up the German editorial offices the next morning he felt that his grievance was just. But there they told him he had used a part of his own copy, without changing a single word, merely translating it into German.

"Oh, you did!" raved the young press agent, and his voice instinctively told that he was tearing his hair. "I wrote that the music was heavenly—and your blameworthy translation made it say that the 'music was unearthly!'"

Growth of Y. M. C. A.

In 1916 there were 2,757 Young Men's Christian associations in North America, with a total membership of 689,023. They owned 782 plants and buildings valued at \$83,263,469, and aggregate property, including real and personal, at over \$106,000,000. The local associations with 4,353 secretaries and other paid officers, showed an enrollment of 152,169 men and boys in Bible courses, and \$2,358 others in educational courses. The total operating expenses for all the associations was \$15,812,250. New-buildings costing all together more than \$6,000,000 were opened during the year, and by the end of the year \$8,900,000 had been pledged toward the erection of more than 40 additional buildings.

Dogs Saved Boy From Bear.

Two small pet dogs saved the life of their thirteen-year-old master, Bruno Westernman of St. Paul, when Teddy, a pet black bear, attacked the boy.

As the bear seized the boy, the dogs gave battle and Teddy dropped the child and sought refuge in a near-by tree.

Carl, the sixteen-year-old brother, finally killed the bear with ten shots from a shotgun and a fusillade from a 22-caliber revolver. The brother retreated to the house to protect the mother, and from an upper window opened fire on Teddy, who had taken to a tree after he wounded Bruno and the dogs gave him battle.

Of Small Account.

"Over 2,000,000 iron crosses have been given out by the German authorities." We doubt if the German soldiers place any great value on these crosses. We recall a good-natured old German who spent the declining years of his life in Toledo. One day, with due modesty, he showed an iron cross he had won in the Franco-Prussian war. "You may have it," he said quietly. "It means nothing to me."—Toledo Blade.

Use the "Special Notices" column in this paper if you have anything to buy or sell. It is the quickest and most economical way of reaching many