

What is the Red Cross Doing?

The Red Cross in Ontario has:



1. Continued its war work in military hospitals.
2. Contributed to the relief of disease-stricken sufferers and undernourished children in Europe.
3. Co-operated with the Soldier Settlement Board in helping soldier settlers in emergencies due to sickness in the family.
4. Provided funds for three years for a course in public health nursing in the University of Toronto. The first class of fifty graduates in May.
5. Provided eight nurses for child hygiene demonstrations under the Provincial Board of Health.
6. Distributed to civil hospitals equipment and supplies left over from the war.

ONTARIO ENROLLMENT, MAY 22-28

"We have seen a Canada organized for war; now let us have a Canada organized for good health."

Enroll in the Red Cross and help create public opinion in favor of sound health measures. Enroll with your local Red Cross Branch or Enrollment Committee, or, if there is none in your community, with the Ontario Provincial Division, 410 SHERBOURNE STREET, TORONTO.

Canadian Red Cross Society Ontario Division

FALL FAIR DATES 1921

Strathroy 19, 20, 21 Sept.
Watford 22, 23 Sept.
Petrolia 26, 27 Sept.
Sarnia 28, 29, 30 Sept.
Glencoe 29, 30 Sept.
Forest 3, 4 October
Brigden 4, 5 October
Wyoming 6, 7 October
Florence 6, 7 October
Wilkesport 10, 11 October
Alvinston 11, 12 October

ABOUT MOTHERS

Last Sunday was Mothers' Day. Mothers are a comparatively old institution.

There were mothers before Confederation and indeed as far back as the history of this country if not before.

Up to the present they have all done pretty well and have managed to keep themselves fairly popular with their children, though not so popular as they might be.

As a class they are filled with prejudices. They make their children go to bed after supper, and wash their necks. They won't let the boys go in swimmin'; nor take off their heavy underclothes in spring. Little girls find that as soon as they begin to sniffle, maw gets down the goose grease.

Mothers, too, are not without reproach in their treatment of fathers. They go through the old man's trousers and take his change—which is why the Scotchman invented kilts. The conversation of a Dutch Uncle isn't a circumstance to mothers' line of talk sometimes to the party who everybody works but him.

We have taken care to set out here mother's most serious defects. Now we are through.

To do her justice, she is just grand. Little boys and girls might be born without mothers, but they certainly never could grow up without mothers, and wouldn't be much good if they did.

Loving, faithful, with a kind ambition, trustful—that's mother. And that trustfulness follows boys and girls long after they have gone out into the wide, wide world for themselves. How often has a lad stepped back from the path of error on the realization that back there in the old home was a little woman who loved him enough to make him whole who trusted him so much that he had no heart to betray that trust.

The old thing about mother's life is that the reward goes not to herself, but to someone else. She plans, she toils, she has no hours—all for another generation.

Remember your mother on Sundays and all the days between.

If I were drowned in the deepest sea,
Mother o' mine, mother o' mine,
I know whose love would come down to me.

Mother o' mine, mother o' mine,
If I were hanged on the highest hill,
Mother o' mine, mother o' mine,
I know whose love would follow me still.

Mother o' mine, mother o' mine,
If I were damned of body and soul,
Mother o' mine, mother o' mine,
I know whose love would make me whole.

Mother o' mine, mother o' mine.

Miller's Worm Powders act so thoroughly that stomachic and intestinal worms pass from the child without being noticed and without inconvenience to the sufferer. They are painless and perfect in action, and at all times will be found a healthy medicine, strengthening the stomach and maintaining it in vigorous operation, so that besides being an effective vermifuge, they are tonical and health-giving in their effects.

Only Needed Zam-Buk

50c. best all dealers.

Worms in children, if they be not attended to, cause convulsions, and often death. Mother Graves' Worm Exterminator will protect the children from these distressing afflictions.

CLEANLINESS IS OUR MOTTO

—IT is our intention to handle only the very best Ice Cream that we can get. Served with fresh, seasonable fruits and syrups.

BREAD, CAKES, PASTRY
ALWAYS FRESH

Your Wedding will not be complete unless you have one of our beautiful Cakes.

F. H. Lovell's

RED CROSS CAMPAIGN FOR GOOD HEALTH

His Excellency the Governor-General signed at Ottawa Monday a proclamation inaugurating the two months campaign, during May and June, which will be conducted throughout the Dominion by the Canadian Red Cross. This campaign is for membership and is part of the national crusade for Good Health, the underlying idea being the education of the largest possible number of people, to the crying need for preventive measures against the deadly trail of waste and disease left by the war.

After reciting that it is of the greatest importance to the well-being of our people throughout the Dominion that the purpose of the Red Cross in carrying on its peacetime program for the improvement of health, the prevention of disease, and the mitigation of suffering, should be realized to the greatest extent, the proclamation commends the "membership enrollment campaign of the Red Cross Society to the sympathetic attention and support of all our loving subjects throughout Canada."

Dr. Robertson, chairman of the Canadian Red Cross, said that the society in the present campaign hopes to increase its membership to six or seven hundred thousand all of whom will be educated along the line of child welfare and better health in the community. "We are looking into the future," he said. "Suppose that through this education work in ten years' time we can put Canada on the same plane of child welfare as New Zealand is on to-day, we shall then be saving the lives of twelve thousand babies a year. Is not this something worth working for?"

Domestic science is all right for school days, but the mother finds that no rules of book suggest anything for domesticating the nine year old boy who uses the west side of his trousers for smoothing off rough boards, tests the waterproof quality of his shoes in every mud puddle and uses the toe of his boots where a sledge hammer, axe or pick and shovel would be much better.

ASTHMA USE RAZ-MAH

NO Smoking—No Spraying—No Snuff

Just Swallow a Capsule

RAZ-MAH is Guaranteed to restore normal breathing, stop mucus gathering in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. \$1.00 at your druggist. Trial free at our agencies or write Templeton, 142 King W., Toronto.

Local Agent—J. W. McLaren

War Bond Coupons Cashed Free



The Merchants Bank will cash all War Loan coupons or interest cheques when due, on presentation, without making any charge whatever for the service. If you have not a Savings Account, why not use your interest money to open one with this Bank?

THE MERCHANTS BANK

Head Office: Montreal. OF CANADA Established 1864.

WATFORD BRANCH, F. A. MACLEAN, Manager.
ALVINSTON BRANCH, G. H. C. NORSWORTHY, Manager.

CREAM The WEST FLOUR



The family eats more bread since Mother started using Cream of the West Flour. It makes loaves of extraordinary whiteness and flavor.

Maple Leaf Milling Co., Limited
Toronto, Winnipeg
Brandon, Halifax

You can procure Cream of the West Flour from the Watford Farmers' Co-operative Association, Limited.

MARTIN-SENOUR 100% PURE PAINT & VARNISHES

MARBLE-ITE

The Hard-Drying, Long-Wearing Floor Finish

"100% PURE" PAINT

The paint for wear and weather.

SENOUR'S FLOOR PAINT

It wears and wears and wears.

"VARNOLEUM"

beautifies and preserves Oil Cloth and Linoleum.

"WOOD-LAC"

STAIN

Improves the new—renews the old.

"NEU-TONE"

The sanitary, washable Flat Oil Paint for Interior Decoration.

Nothing adds so much to the beauty of a home as floors that are properly cared for; on the other hand, floors that are not protected are unpleasant to look at, are hard to keep clean, and become injured through wear. Don't neglect your floors, beautify them and save them. Save the surface and you save all.

MARBLE-ITE Floor Finish is the perfect treatment for floors of all kinds. It is the one floor finish that has a money-back guarantee attached to every can.

In 24 hours MARBLE-ITE dries hard with a beautiful finish that will not show heel marks. It has a high gloss, yet is tough enough to stand any amount of wear without injury. It can be washed with soap and water and it will not mar nor scratch white.

We invite you to call and discuss this method of beautifying and protecting your floors. We can give you full details regarding this or any other painting or varnishing problem. We have a complete stock of MARTIN-SENOUR Paints and Varnishes. For every purpose—For every surface.

J. McKERCHER
Watford, Ont.

"Save the surface and you save all"—Paint & Varnish

Pain

of interference is a sign of trouble still further diso

Common Sense and humanity agree that relief from pain should be the first step in the treatment of any disease Rheumatic, Back or TWO

Dr. M and the pain is

Sold in Wa

Sav

AND GET S TIME BY LE

GOLDEN SY

PURE LARD,

PURE JAM,

GRAPELAD

RICE, 3lb

Oatmeal, 4lb

HORSHOE

SEAFOAM S

ROYALITE

N. B.



WHEN will basis Asphalt Sl

1-INITIA

2-NAILS

3-COST

4-NO P

5-SAVIN

6-COST

Compare roofing and you w

B.

A

Distribu through E informatio in your dis

Brant

E

Branch

For Sal