

LIMBS AND BODY ALL SWOLLEN

"Fruit-a-lives" Relieved Both Dropsy and Sick Kidneys

The Wonder of Fruit Medicine

Those who know they have Kidney Trouble—who suffer with pain in the back—who are up frequently at night—will welcome the news that "Fruit-a-lives", the wonderful medicine made from fruit juices and tonics, will positively relieve Kidney and Bladder Troubles—as proven by this letter.

"Our little girl had Kidney Trouble and Dropsy—her limbs and body were all swollen. We decided to try 'Fruit-a-lives'. In a short time, the swelling went down. Now, she is the healthiest one of the family!"

WM. W. ARREN,
Fort Robinson, Ont.
50c. a box, 6 for \$2.50, trial size 25c.
At dealers or from Fruit-a-lives
Limited, Ottawa, Ont.

"TOAST"

What an Appetizing Sound
that word has—

"TOAST"

TASTES GOOD
SMELLS GOOD
MEETS EVERY TEST

Of Whole Digestible Food.

OUR BREAD IS MADE TO
GIVE YOU THE BEST
FOOD.

TRY IT AND TOAST IT!

F.H. Lovell
BAKERY & CONFECTIONS

When sugar first was made from beets it took about 20 tons of beets to produce 1 ton of sugar; now it requires but 6 tons, the change being due to scientific production of the beets, which has largely increased the sugar content.

TO EXPECTANT MOTHERS

A Letter from Mrs. Smith Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it. I have taken it before each of my children was born and afterwards, and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system, so that it may work in every respect effectually as nature intended. Thousands of women testify to this fact.

Makes Breathing Easy. The constriction of the air passages and the struggle for breath, too familiar evidence of asthmatic trouble, cannot daunt Dr. J. D. Kellogg's Asthma Remedy. This is the famous remedy which is known far and wide for its complete effectiveness even under very severe conditions. It is no untried, experimental preparation, but one with many years of strong service behind it. Buy it from your nearest dealer.

Study the Want Ads. on Page 4.

"FEEL IT HEAL"
Mentholatum
COLDS · BURNS · BRUISES

'Out On The Open Road'

Truck Driver's Heaven
"My idea of heaven,"
Said Aaron K. Agatehead,
The well-known truck driver,
"Is a long stretch of pavement,
Full of holes and puddles of water,
And the curb lined with people,
And dressed in white."

She (in a motor car)—"Oh, dear—
est, kiss me."
He (driving)—"My dear, I'm equip-
ped with Kelly Springfields I can't
slip."

One trouble seems to be that the
girl who has the initiative to make
a Leap Year proposal probably will
turn out to be a back seat driver.

A man is but a worm of the dust
he comes along, wiggles about awhile
and finally some chicken gets him.

A Good Thing To Remember
When you take a walk
And
When you take a fliv,
Take another thing—look—
And
Do your best to live.
A person can prevent the worst
By memorizing
"Safety First."

Health hint to Motorists: A lightning
bug is about the only one that can
get along with just a tail light.

The speeding motor car swerved,
collided with a telephone pole, and
turned wrong side up, with the driver
underneath.

"Tain't no use trying to hide under
there, young feller," called Constable
Slackpitter, rushing up, "I know
where ye are."

Famous Last Words—"Watch me
pass him at the next corner."

A CLEVER PARTY

A party in an automobile saw a baby
calf getting its dinner in Nature's
way.

"Oh, see the 'self-help restaurant,'
exclaimed one of the party.
"Yes, it's a 'Child's restaurant,'"
said the little girl.
"And it is also 'A Calfateria,'" said
the chauffeur, as they rode on.

The reckless rider must go. We all
know that. But the reckless driver
thinks he must go fast.

A dark
Roadside,
A lone
Coupe,
A snooping
Cop,
Eight bucks
To pay.

"In God We Trust" is an excellent
motto for a dollar, but not entirely
adequate for a pedestrian.

Correct this sentence: "It was only
a nut that needed tightening," said
the auto mechanic, "and a quarter
will be enough."

Damages and Repairs
A Negro woman of mammoth proportions and inky complexion was in an automobile accident. She was taken to a hospital, where she soon regained consciousness. The doctor, seeking to comfort her a bit, said to her:

"You will undoubtedly be able to
obtain considerable amount of dam-
ages, Mrs. Johnson."

"Damages!" said Mrs. Johnson.
"What Ah want wif damages? Ah
got enough damages now. What Ah
wants is repairs."

Go to church and learn about the
hereafter, or go autoing and see it.

In this auto age the hen may cross
the road because she is despondent
over continued bad health.

Ben Higgins never would be passed,
He bragged his car's endurance.
He passed six cars with backward
glance—
His wife has his insurance.

Who can remember the good old days
when every man, woman and boy in
(Watford) knew how to hitch up a
horse?

Unconfirmed reports say an Afri-
can lion swallowed a flivver a few
weeks ago. He forgot to shut off the
engine, however, and shook to death
in fifteen minutes.

Car Catastrophies

HERE lies the remains of Percival
Sapp.
He drove his car with a girl in his lap.
Lies slumbering here one William
Blake.

He heard the bell, but had no brake.
Beneath this stone lies William
Raines.

Ice on the hill, he had no chains.
Here lies the body of William Jay
He died maintaining his right of way.

This simple method for youthful loveliness

Millions have learned this easy, natural
way to keep that schoolgirl complexion

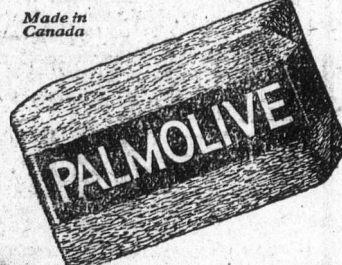


The beauty and charm that is
priceless to every woman and girl
may be had by this simple
method.

Millions have found the secret
of having and keeping com-
plexions radiant and lovely as a
schoolgirl's. A method that you,
too, may employ.

Regularly do this
Cleanse the skin regularly, au-
thorities say, to keep your com-

Made in
Canada



plexion lovely, radiant, youthful.
But beware of harsh cleansing
methods. They injure skin.

Wash thoroughly with
Palmolive Soap—each night be-
fore retiring. Rub the creamy,
foamy lather well into the tiny
pores. Rinse—and repeat the
washing. Then rinse again.

Then—if skin is dry—apply a
little cold cream. That is all.
Skin so cared for is not injured
by cosmetics, by wind and sun,
or by dirt.

The simple, correct way
You cannot find a more effec-

tive beauty treatment. Because
Palmolive Soap is blended of rare
palm and olive oils—famous for
mild but thorough cleansing
qualities since the days of Cleo-
patra. And it is inexpensive.

Just make sure you get
Palmolive—which is never sold
unwrapped. All dealers have it.
Get some and follow this simple
method for a week. Results will
surprise and encourage you.

Remember that arms, shoulders,
throat need this treatment, too.
Let Palmolive do for your whole
body what it does for the face.

THE PALMOLIVE COMPANY OF
CANADA, LIMITED

Winnipeg Toronto Montreal

Palm and olive oils—nothing else—give
Nature's green color to Palmolive soap.

2402

LAMBTON FARMERS WILLING TO GROW PEAS AND CORN WHEN PRICE GOOD

Petrolia, March 19.—The Domini-
on Cannery Company operating the
canning factory here, has procured
the full acreage of peas and corn for
which stipulation was made. Mr. Ca-
hill, field manager, and J. E. Arm-
strong, of Petrolia were instrumental
in getting the 1000 acres of peas and
corn necessary to operate the factory.
The farmers were found willing to
grow the produce and were guaran-
teed \$45 a ton for peas.

Modern Factory
The local factory is a large and
very modern one and fully capable of
handling a much larger crop. It is
felt here that there is no reason why
Lambton county should not become a
producing centre and Petrolia a can-
ning town. The operation of the fac-
tory here this summer will mean a
greater amount of business in the
town and will also add to the popu-
lation.

Armstrong's Effort
The town and township are in-
debted to J. E. Armstrong, who at-
tended the meeting of the Dominion
Cannery at Hamilton a few weeks
ago and persuaded the company to
operate the Petrolia factory this
season.

5-Room ALADDIN 798
WE Pay the Freight!
You can buy all the home-
furnishings for a complete home
direct from the manu-
facturers at half price
inside the lumber, mill-
work, hardware, labor.

6-Room ALADDIN 898
Living room, dining room,
kitchen, bath, two bedrooms,
closets, linen closet, and
inside cellar entrance.
Call for Aladdin Catalog.

7-Room ALADDIN 1337
Aladdin catalog contains
plans for 100 different plans of
this house; some with in-
side porches, grade and
inside cellar entrances.
Call for Aladdin Catalog.

7-Room ALADDIN 1361
Large living room, dining room,
kitchen, pantry, three bedrooms,
closets, linen closet, and
inside cellar entrance. Four
entrance plan with grade en-
trance at same price.

7-Room ALADDIN 1612
Dutch Colonial with full cel-
ling, first and second floor
porches, living room, large din-
ing room, kitchen, three bed-
rooms, bath, linen and closets
inside, grade cellar entrance.

12-Room ALADDIN 2391
Dutch Colonial for wide
inside lots or narrow cor-
ners. Full ceiling, first and
second floor porches, central
entrance, entrance and
inside front entrance.

Price includes all lumber cut to fit; highest
grade interior woodwork, sliding, flooring, win-
dows, doors, glass, paint, hardware, nails,
roofing with complete instructions and draw-
ings. Freight paid to your station. Permanent
homes—NOT PORTABLE. Many styles to
choose from. Write today for FREE Money-
Saving Aladdin Catalog No.

The Canadian Aladdin Co., Limited
Aladdin Building, Toronto, Ont.
Ask for Free Catalog No. "A271"

It pays to use
MARTIN-SENOUR
MARBLE-ITE FLOOR FINISH
*Nothing like it for Hardwood Floors
it wears like iron*
Write to Head Office Montreal for Free Booklet
HOME PAINTING MADE EASY
SOLD BY
J. McKERCHER
Watford

Potatoes!
The average-sized Canadian family's potato bill is
\$25.00 a year. That warrants the use of a special pot.
Here it is. The SMP Potato Pot. The ideal thing.
Fill with water through the spout without removing
cover. Note how the handle locks the cover on. You
can drain off water leaving potatoes mealy and dry
without spilling potatoes or scalding hands. Selling
at low prices in hardware and general stores. Note
the trade mark on the pot. Be sure you get
SMP Enamelled WARE
Three finishes: Pearl Ware, two coats of pearly
grey enamel inside and out. Diamond Ware, three
coats, light blue and white outside, white lining.
Crystal Ware, three coats, pure white inside and
out, with Royal Blue edging.
THE SHEET METAL PRODUCTS CO. OF CANADA
MONTREAL TORONTO WINNIPEG
EDMONTON VANCOUVER CALGARY 170

THERE IS ONLY ONE PLACE IN WATFORD WHERE YOU CAN
SECURE GENUINE "S.M.P." KITCHENWARE, AND THAT IS—
McCormick & Paul
"A Reliable Place to Buy Your Groceries and Hardware."

Sarnia Business College
IT'S A GOOD SCHOOL.
ENTER ANY MONDAY.

YOUR AD. HERE WOULD PAY!