

Mark and Amy Minielly.
 on Mouth Organ—Tom
 Allan Learn.
 Barred Rock Pullets—Clar-
 ger, Douglas Jones.
 Barred Rock Chickens from
 fair eggs—Merton Bryce, Jack
 Jatt.

Leghorn Cockerel—Chas.
 Bert Lester.
 Bantams—John Brandon,
 Smith.

Brown Leghorns—Johnny
 Cat—Amy Minielly, Freddie
 Marjorie Hawkins.
 est Kitten—Jim Prince.
 Cat—Ed. Shepherd.
 under 10 months—Arthur

ered Shorthorn Calf—A.
 G. Wilkinson, W. Wilkin-

ord Calf under 6 months—
 guson.

st Half doz. Hens' Eggs—
 lwards, Billie Cousins.

Naming Competition—Max-
 id and Reta McLeay; Victor

and Merton Learn.
 Sucking Colt—H. Ferguson,
 spherd.

Lamb—Ed. Shepherd.
 Dog—Ross Kenzie.

doz. Cream Puffs—Jean Mc-

a Corn Growers' Association
 Special Prizes

ear White Cap Yellow Dent
 Donald Ross, Johnny Dolan,
 n Kenzie.

ear Golden Glow corn—
 Thomson, George McIntosh.

ear Longfellow corn—Mason
 Cyril Warren, Stanley

ear Salzer's North Dakota
 nce Wilkinson.

ears White Cap Yellow Dent
 Donald Ross, Geo. Wilkinson,
 Thomson.

ears Golden Glow—Harold
 n, Geo. McIntosh.

ears Longfellow—Stanley
 n.

ears Salzer's North Dakota—
 Dolan.

is fire prevention week—2nd

ASTORIA

or Infants and Children
 se For Over 30 Years

sears
 re of

Way to a
 's Heart—

oman knows the answer,
 pendable ranges is the great-
 woman can have to reach
 of the man in her home.

satisfaction to have a range
 "good baker"—that gets
 out of your recipes—that
 a little fuel and maintains
 even heat.

thought Ranges save your
 ar back, your time and your
 They are easy to regulate,
 big oven, even heat and
 skin surface make the work
 No unnecessary stooping—
 there is every attachment to
 ce a woman's work lighter.

undred thousand homes have
 thought Ranges. Ask your
 ar. She probably has one.

ercher

, ONT.

TOUGHT

urnaces

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. In the afternoon the 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. This was followed by speeches from Dr. Siddall, representing the Watford School Board; Mr. Cameron, principal of the Watford School; Mr. Williams, of Forest, Miss Jones of Petrolia and Miss Dolbear of Alvinston. Two basketball games finished the events of the best field day in the history of the school.

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.

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

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

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

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

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

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

JUNIOR GIRLS

100 yards—D. Delmage, E. Steadman, F. Lovell. Time 1:3.5.

When a mother detects from the writhing 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. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these Powders are used.

Use ELARTON SALT

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 This One

Women—Read It

Marmion, Ontario.—"Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not able to get up. Finally I got so weak I could not get up without stepping on my hands and feet. I saw your medicine advertised in the newspaper 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."—Mrs. J. E. Marmion, Ontario.

Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions of women who have been helped by this splendid medicine. These are not made up stories, but are the experiences of real 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.

Lydia E. Pinkham's Private Text-Book upon "A Woman's Peculiar Troubles" will be sent you free upon request. Write Lydia E. Pinkham, Medicine Co., Lynn, Mass.

DOES IT PAY TO WORRY ABOUT APPENDICITIS?

Can appendicitis be guarded against? Yes, by preventing intestinal infection. The intestinal antiseptic, Adolka, 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 unbelievable the awful impurities Adolka 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. 6 ft 1 in.

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

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

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 Prentiss, Miller and Minielly.

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

100 yards, girls—D. Delmage, Watford; 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. 26 ft 1 in.

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 1/2.

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 8 lb., boys—McKecher, Watford; McCarthy, Petrolia; Myres, Alvinston. 56 feet 1 inch.

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

Three legged race—Bryan 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, R. Carroll, 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 14-7.

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

Points for the boys' team: Watford 21 points; D. Delmage, Watford, 21 points; E. Walker, Alvinston, 10 points; L. O'Donnell, Forest, 9 points.

Intercholastic 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. 21. For the boys Ford Steadman 15.

The Junior championship for W. H. S. for the girls won by E. Steadman and the boys by O. Shugg.

Internally and Externally it is Good—The crowning property of Thomas' Electric Oil is that it can be used internally for many complaints as well as externally. For sore throat, croup, whooping cough, pains in the chest, colic and many hundred ailments it has qualities that are unsurpassed. A bottle of it costs little and there is no loss in always having it at hand.

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 team, 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 Spithrim.

Pair of kittens—Evelyn Eastbrook, Helen Glover.

Pair of pigeons—Jim Glover, Jim Beattie, Alex Harris.

White Wyandottes—Robert Pike.

Female exhibition—Margaret McLean.

Male 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—Ilene Wright.

Aster bouquet—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 oats—Clayton Morgan, Harold Westgate.

Sheaf of wheat—Mervyn Watson.

Golden bantam corn—Josephine Redmond, Melvin Dowding, 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—Ilene Wright, Jack Matthews.

Table bouquet—Mary Lyons.

Nine blooms, asters—Marjorie Lyons, Dorothy McIntyre, Muriel 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—Ilene 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 at least 90% of the disease in the world today—because 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