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The Vibraphone (a machine for registering vibrations) has demonstrated that a Ford equipped with H&D's is the easiest riding car on the market.

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Passenger Cars \$20
Ford Truck \$35

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Can be Had Through the Rich, Red Blood Made by Dr. Williams' Pink Pills.

There comes a time in the life of almost every girl when weakness attacks her. The strain upon her blood supply is too great, and there comes headaches and backaches, loss of appetite, attacks of dizziness, heart palpitation, a constant weariness and a tendency to a decline. All these symptoms may not be present in any particular case, but the presence of any one of them shows the necessity for prompt treatment. And the very best treatment is through the blood-making tonic qualities of Dr. Williams' Pink Pills. They are the one thing needed to maintain the health of growing girls and women of mature years.

Here is a bit of strong proof:—Miss Matilda Breen, King Highway, Newcastle, N.B., says:—"I was in an extremely run-down and nervous condition. I was losing flesh, had a poor appetite, always pale, and suffered frequently from headaches. In fact my condition can best be described as miserable. I had tried several treatments but they did not help me in the least. Then, reading one day about Dr. Williams' Pink Pills, I decided to try them. After using three boxes I was much improved, but continued until I had taken six boxes, with the result that I am now well and strong, with good color and a hearty appetite. In view of what Dr. Williams' Pink Pills have done for me I cannot recommend them too highly."

You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"How do you always manage to have such delicious meats?" asked one housekeeper of another.
"Well, I select a good honest butcher, and then stand by him."

ALVINSTON

The regular meeting of the Y.P.S. was held in the parish hall on Monday evening with a large number present. The meeting opened with devotional exercises and at the conclusion of business part of the meeting a very enjoyable program was given under the direction of the president, Mary Livingston. Robert McLean favored the audience with a saxophone solo, after which Robert Morrison gave a vocal selection which was very much enjoyed. Mrs. Secord played an instrumental and Rev. W. A. Montith gave a short talk on the importance of young peoples work in the church, which was very interesting and helpful. A contest was held, after which lunch was served and a social hour spent.

The Y.P.S. of the continuing Presbyterian church was held in the church basement on Monday evening. A program consisting of papers on "Fame" by Clarence Ole and on "Bishop Stringer's work in Alaska" by Rev. W. A. Whelan, piano selections by Mrs. B. Miller, solos by Misses Clark and Peman. A contest was then held after which lunch was served.

At a regular meeting of the Alvinston Athletic Society in the council chambers on Monday night, it was decided to hold a Victoria Day celebration. It is also the opening game of the O.E.A. when Sarnia meets Alvinston in the latter place. An addition to the ball games there will be a calithumpian parade, caledonian games, races and horse races. The election of officers then took place as follows: hon. pres., D. C. McEachern; president, Dr. E. C. Axford; vice presidents, S. Williams and Jos. Grooms; secretary, Dr. A. M. Bayne; treasurer, Ross McRoberts.

The death occurred in Oregon, Wis., of a former resident of this place in the person of Mrs. Elizabeth Fallow, in her 88th year. Deceased lived here practically all her life on a farm eight miles south of this place, later moving to Oregon to make her home with her brother, the late James Wallis. She is survived by two sisters, Jennie of California, Mrs. Byron Brookefield, of Niagara Falls, and one brother, Ed. of Niagara Falls.

INWOOD

Mr. M. McKay was in London on a business trip last week.

We understand that a Coleman demonstration on their new gas stove will be held at Mr. A. Atkin's hardware store on May 11th and 12th.

Rev. Hagelstein was in Wyoming on Tuesday attending the funeral of Mr. Sawyer.

The W. M. S. will be held on Thursday afternoon, May 7th, at the Presbyterian Sunday schoolroom.

Mr. and Mrs. Lorrman spent a few days in Sarnia last week on account of the serious illness of Mr. Roy Melton.

Mr. and Mrs. McPhail of Sarnia were guests of Mr. and Mrs. And. Munro on Sunday.

Mr. Downie has arrived in town to act as manager of Mr. Robinson's store. Mr. Downie will move into Mrs. J. Warner's rooms recently occupied by Mr. E. Flannery.

We are glad to see Mr. R. Dudley out again after his severe illness.

Mrs. J. Vance was in London one day recently.

Mr. Alfred Gurr was in town last week.

Mr. Roy Champan visited relations at Leamington on Sunday.

Mr. Walter Atkin and Frank Myres spent the weekend at Detroit.

The April meeting of the Inwood Women's Institute was held at the S. S. room with a good attendance. After the nomination of officers Miss M. Lehrbass gave a paper on authors. Arrangement of flowers and what to put in window boxes, by Mrs. Trowhill; a solo by Miss Hilda Barrett, and an instrumental by Mrs. C. Wallis. The roll call was answered by quotations from Tennyson. A dainty lunch was served by the hostesses. The next meeting will be held on May 26th.

Dr. McLean spent Monday in Toronto.

Mr. Earl McMillain is on the sick list.

Mr. Wayne Richardson returned to Detroit on Saturday.

Mr. Burnison of Welland is the guest of Mr. and Mrs. R. Burnison.

Mothers' Day service will be held at 11 o'clock at the Presbyterian church next Sunday, May 10th. The choir will be composed of the senior boys and girls of the Sunday school.

Mr. A. Munro of Detroit spent Sunday with his parents here.

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SALMON CHOICE PINK SUNFLOWER OR CASCADE 2 LB 35c		

KERWOOD

Mothers' Day services will be observed in the Methodist church next Sabbath, May 10th, which is also "Go to Sunday School Day", both uniting in the morning service. Special music by a mothers choir. The pastor, Rev. R. A. Brook, will deliver an address, there will also be a pageant by two mothers and four little girls. Honor Mother by coming out to this service. All are welcome.

Mr. and Mrs. Roy Anderson (nee Miss Alice Huddle) of Petrolia, called on friends here last Sunday.

Mrs. J. Dean has returned home after spending several days at Wyoming and Petrolia.

Mr. and Mrs. Richard Foster are the proud parents of a baby daughter.

Miss Mae Fonger of Springfield is visiting Miss Beatrice Foster.

The Ladies' Aid of the Methodist church met in the church basement on Wednesday afternoon, and after quilting two quilts, the following officers were elected for the ensuing year: president, Mrs. H. Watson, 1st vice, Mrs. Wm. Johnson; secretary, Mrs. John Johnson; treasurer, Mrs. F. Hull; finance committee, Mrs. Wright, Mrs. Fuller, Mrs. Nichols, Mrs. M. Morgan, Mrs. Elmer Langford; visiting committee, Mrs. George Denning, Mrs. F. Cook, Mrs. Dowling, Mrs. Fred Richardson; flower committee, Mrs. Art Morgan, Mrs. Brunt and Mrs. H. McLean; buying committee, Mrs. J. H. Richardson, Mrs. H. Eastabrooke, Mrs. C.E. Johnson; organist, Mrs. A. Fuller. A dainty luncheon was then served by the committee in charge. The ladies have raised over \$500 this last year and are planning to make this year even better.

The W. M. S. will meet in the church basement on Thursday afternoon, May 14th, when reports from all officers and committees will be given. A good attendance is requested.

The Sunday school board of management of the Methodist church met in the Sunday school rooms and reports from the different departments were given. The Sunday school has an enrolment of one hundred and twenty, with twenty-three officers and teachers, and have raised over one hundred and seventy dollars. The following is the result of the election: supt., John H. Richardson; asst. supt., Geo. Johnson; secretary, Richard Foster; associate secretary, Mr. Nichols; treasurer, Seymour Langford; librarian, Seymour Langford; organist, Beatrice Foster and Anna Leacock; musical committee, Mrs. J. Johnson, Mrs. Watson, Mr. Nichols, Eldon Langford, Beatrice Foster, Anna Leacock; grading officers, J. H. Richardson, George Johnson; missionary committee, Irene Eastabrook, Mildred Morgan, Freda Richardson; supt. of cradle roll, Mrs. J. H. Richardson. Mrs. Rogers; teachers are as follows: No. 1, Mrs. M. Morgan, Eva Wright, Mildred Richardson; No. 2, Mrs. Watson, Gladys Johnson; No. 3, Mrs. R.A. Brook, Mrs. J. H. Richardson; No. 4, Mrs. Seymour Langford, Mrs. Nichols; No. 5, Eldon Langford; No. 6, John H. Richardson; No. 7, J. J. Foster; No. 8, George Johnson, Mrs. Rogers.

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CANADIAN NATIONAL

TIME TABLE

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GOING WEST:
Accommodation, 11:11
Chicago Express, 17:11
Detroit Express, 83:11
Chicago Express, 83:11

GOING EAST:
Ontario Limited, 80:11
Chicago Express, 6:11
Express, 6:11
Accommodation, No. 1125
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Watford, Ontario, Office—
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