

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

FALL SUPPLIES YOU WILL SOON NEED

Washing Machines, \$4.25 to \$10.00; Wringers, \$3.00 to \$4.50; Food Choppers, \$1.00 to \$1.50; Chopping Bowls and Knives; Sherwin-Williams' Paints, Varnishes and Floorwax; Blankets, 75c. to \$3.00; Halters, 65c. to \$1.65; Lanterns, 75c. to 1.15; Cow Chains, 15c. to 30c.; Stanchions, 10c.; Stable Brooms, 75c.; Guns, 5.00 to 25.00; Rifles, 3.00 to 15.00; Ammunition; Razors, 25c. to 5.00; Pocket Cutlery at any price; Glass in all sizes at old prices.

THE N. B. HOWDEN EST.

| Population of Lambton | | Cry For Retribution | |
|---|-------|---|--|
| Municipal Bulletin, No. 8, of the Bureau of Industries, just out, gives the population of the different municipalities in the county as follows:— | | London Times:—The innumerable crimes committed by the German armies cry aloud for retribution. In our uncutscorned way, we and our Allies will in our own good time take heavy toll for them. There is no act of pillage, of vandalism, of outrage, and of murder committed by the Germans which will not in the end recoil upon its ruthless perpetrators. Already the good name of Germany is blackened forever, and her soldiers and statesmen, their hands stained with the deeds that will never be fully purged, look in vain throughout the world for a single sign of human sympathy. Their whimpering appeals are treated with scorn. The black and inaffable facts are their only answer. The Allies have clean hands, and when in turn they march through Germany they will keep them clean. Their disciplined armies will never lapse into the calculated demoralization of the German hosts. | |
| Bosquet | 2300 | No child should be allowed to suffer an hour from worms when prompt relief can be got in a simple but strong remedy—Mother Graves' Worm Exterminator. | |
| Brooke | 2738 | | |
| Dawn | 2587 | | |
| Enniskillen | 3244 | | |
| Euphemia | 1550 | | |
| Moore | 3488 | | |
| Plympton | 2870 | | |
| Sarnia Township | 1818 | | |
| Sombra | 3346 | | |
| Warwick | 2487 | | |
| Alvinston | 753 | | |
| Arkona | 425 | | |
| Courtright | 367 | | |
| Oil Springs | 579 | | |
| Point Edward | 941 | | |
| Theford | 577 | | |
| Watford | 1215 | | |
| Wyoming | 513 | | |
| Forest | 1483 | | |
| Petrolia | 4109 | | |
| Sarnia | 11503 | | |

Corns cannot exist when Holloway's Corn Cure is applied to them, because it goes to the root and kills the growth.

Wives! Mothers! Daughters! **Just a Word With You!**

A woman's organism is a very delicate thing—it very easily gets out of order—just like a delicate piece of machinery, it requires more than ordinary care and attention.

There are many signs which point to disorder, such as headaches, unaccountable pains in various parts of the body, listlessness, nervousness, irritability, dizziness, faintness, backache, loss of appetite, depression, and many others.

Dr. Pierce's Favorite Prescription has been the means of restoring thousands of suffering women to natural health and strength. For more than forty years it has been successfully carrying on this great work. Today it is known throughout the length and breadth of every land. Women everywhere look upon it as a helpful friend. Let it aid you.

Sold in Retail or Tablet Form by Druggists, or Trial Box Mailed for 50 cents from Dr. Pierce's Dispensary, Buffalo, N.Y.

Dr. Pierce's Pleasant Pellets regulate Stomach, Liver and Bowels



E. L. Teachers' Association

Annual Meeting Held at Petrolia Well Attended

Owing to the absence of Rev. Mr. Moyer, Inspector McDougall opened the meeting. President Corbett then introduced Miss Augustine, of Arkona, who dealt with supplementary reading in 4th and 5th classes. In this subject the pupils are introduced to great minds. Have all the pupils have a copy of the book being read. Find easy paragraphs for the poor reading pupils and encourage them to persevere. Have pupils proceed slowly so that they see that the main object is not to get through but to enjoy the work in hand. Irving's works, also those of Scott and Dickens, were recommended, especially in class work so that they will be companions through life.

Miss S. Mains, of Watford, wrote the next paper which was read by Inspector McDougall. This paper dealt with supplementary reading in junior classes. By contact with the thoughts of great minds through the books the pupils' minds are uplifted. During the first 12 years of life if the pupil has read good literature he will not stray away in after years. Reading stocks men's minds. We can in a short life learn as much from books as if we had lived for many years. Do not carry the reading lessons to the point of weariness which will make the pupils not like reading. A discussion followed these two papers which emphasized the good this extra work in supplementary reading does.

Mr. H. Walker explained how he taught writing. The first object to be considered is not only to improve the writing for the time being but that they will practice in future. Without constant practise no improvement can be made. Above part two all classes are treated alike. A writing course and blank book for each pupil is needed. Foolscap will also be found useful. See that the pupils have the correct position and movement. Teacher can illustrate this at his desk. Exercises to develop free and uncontrolled movement are necessary. Constant work in reminding the pupils of their faults is needed.

The Devotional exercises conducted by Rev. A. C. Bingham opened the afternoon program on Thursday.

Mr. A. Stevenson, of the London Normal School, addressed the teachers on Grammar. The resources for studying the subject were dealt with. Both old and new reasons were taken up. The best argument for the study is perhaps the discipline of the brain that it gives. Subdued hints to cover a multitude of words is not good practise. A great many rules of Latin are applied to English Grammar, which is not good practise. We have talking and repeating words in grammar but no thinking. By means of numerous sentences different statements used in definition did not explain accurately what was meant. Abbreviations should be used in writing out parsing.

Miss Cameron, of Watford, favored the association with a solo.

Miss Reid read the report of the O. E. A. meeting in Toronto. She heard Prof. Chant talk about star maps and Mr. Reid speak about pictures in the schoolroom. Star maps were given to those present. Subdued hints to cover a multitude of words were shown. Picture supplements of newspapers it was shown could be used. Dr. Seath addressed the assembled teachers on the new course of study. The goal of all educational work is a good life. In the kindergarten she heard helpful talks on the close association between kindergarten work and that in the rest of the public school system. Religious instruction should be made fuller. A speaker brought forth the idea that all the lessons in the readers were put there with a purpose. Miss Davis, of Florence, the other delegate, told of her attendance. About 1200 teachers were there and about 20 rooms in the University were in use. Routine business filled in the first morning. The Deputy Minister stated that a measure of superannuation would be introduced and would no doubt be supported. The presbytery mentioned that the school boy of today knew more of nature than the educated man of a century ago. Examinations were discussed.

Miss E. Buchanan, Petrolia. President Corbett spoke for a few minutes on education—its purpose. All should find a pleasure in education. Should strive to make the child what the great Architect of the Universe would like him or her to be. The child needs proper food, surroundings and care. Don't fill the child full of a lot of unconnected facts. The individuality of the pupils should be developed. The world demands a finished product, showing good moral character, developed physical powers, and intellectually developed mind.

Mr. McDougall spoke about the revised course of study. These new courses will be in the hands of the teachers by the middle of the present month. The essentials of a good teacher are personality, executive ability and methods. The purpose of this new course is efficient and character. The realities of life should be examined by the teacher. The purpose of education is not simply to fill up on facts for examinations. The work of the school is divided into three groups. All of the first is to be taken and then a selection made of the rest—the selection of group II by the inspector and of group III by the trustees. Reports from teachers re absent pupils must be made to the inspector.

Mr. A. Stevenson B.A., spoke about the use of newspapers in the schools. Some parts of the papers are totally useless. Cut out pieces that appeal to you and paste them away. Geographies cannot be changed to keep up with the changes in countries, products, industries and these new changes must be taken from the papers. Only take up those things that are important. Keep school life as closely in contact with the outside life as possible. A number of useful books and pamphlets were mentioned. Do not believe everything that is said there.

Miss E. Moyer, of Petrolia, favored the association with an excellent vocal solo.

Miss MacDonald, one of the delegates to rural school association in Guelph, told of the work there. Prof. Deau's address was reviewed in which he told of the rural problems of today. The motto of the meeting seemed to be to bring before the people a view of the place and responsibilities of the rural school. An illustrated lecture on school grounds improvement. Let us all try to improve both the grounds and building. Prof. McCready emphasized the fact that the school should be made a social centre.

Mr. Matthews, the other delegate, spoke of the change in the trend of the school work which before this has been from the country to the town. There must be an increase in the amount produced. This can be done by careful selection of seed grain, cattle and horses. Denmark was held up as a country that had successfully carried out this increased growth in products. Some features in connection with their schools was pointed out. Government supervision and help was emphasized. Schools should be centres of which information on all agricultural subjects could be obtained. Co-operation was a good thing for the farmer.

A vote of thanks was tendered to Mr. Stevenson and those who helped in any way to make the meeting a success.

An Always Ready Pill.—To those of regular habit medicine is of little concern, but the great majority of men are not of regular habit. The worry and care of business prevent it, and out of the irregularity of life comes dyspepsia, indigestion, liver and kidney troubles as a protest. The run-down system demands a corrective and there is none better than Parlee's Vegetable Pills. They are simple in their composition and can be taken by the most delicately constituted.

Fritz De Mitz, strongly suspected of being a German spy, left Sarnia hurriedly at noon on Friday. De Mitz is a member of the twenty-seventh regiment, having enlisted at the outbreak of the war, after offering his services as an interpreter. Ever since the war began foreigners have been smuggled out of Sarnia in some mysterious manner. The finger of suspicion points at De Mitz. Previously to the outbreak of hostilities De Mitz went by the name of Janasky, and claimed Germany as his home. Following the declaration of war he changed his name to De Mitz and assumed Swiss nationality.

An Oil That is Famous.—Though Canada was not the birth-place of Dr. Thomas' Electric Oil, it is the home of that famous compound. From here its good name was spread to Central and South America, the West Indies, Australia and New Zealand. That is far afield enough to attest its excellence, for in all these countries it is on sale and in demand.

While securing data for a history of Amherstburg and old Fort Malden, Rev. A. B. Farney, rector of Christ church, ran across an old account book of a storekeeper, dated 1792, which gave the following prices:—Eggs, 96c. dozen; butter, 96c. pound; black tea, \$5 a pound; green tea \$4.50 a pound; coffee, \$4.50 a pound; chickens, \$2 a piece; silk stockings, \$5 a pair; nails, 24c. a pound; rum, 30c. a gallon.

Indications point to no shortage of trained officers to take command of Canada's second overseas contingent. Training classes have been formed at various points, with gratifying attendances.

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and

Two delegates to the O. E. A. were nominated: Miss E. Hume, Watford,

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Used "Fruit-a-lives" With The Best of Results.



GEORGE MCKAY Esq.

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"I have been using 'Fruit-a-lives' as a family remedy for many years. They are the best medicine I have ever tried. 'Fruit-a-lives' do me the most good—they never gripe and their action is pleasant.
"I have used them for Indigestion and Constipation with the best results, and I heartily recommend them to anyone similarly afflicted.
These troubles have left me completely and I give 'Fruit-a-lives' full credit for all this. A nicer pill a man cannot take."

GEORGE MCKAY.
The enormous demand for "Fruit-a-lives" is steadily increasing, due to the fact that this wonderful fruit medicine gives prompt relief in all cases of Indigestion, Constipation, Sour Stomach, Rheumatism, Chronic Headaches, and Neuralgia, and all Kidney and Bladder Troubles.
50c a box, 6 for \$2.50, trial size 25c. Sold by all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

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If you want your property insured please call on J. H. HUME and get his rates.

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