DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto. intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation. "Fruit-a-lives" will protect you

The

against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2:50, trial size 25c.

At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

The Transcript.

THURSDAY, OCTOBER 10, 1918

NEWBURY

J. A. Armstrong of Strathroy spent the week-end in town and was most welcome. He came to remove apples

from his farm. Mrs. Mary Robinson had a very pleasant visit with relatives in London and St. Marys last week. Mrs. Ovens spent a few days in London last week arranging business for the fu-

London last week. London last week. Robert Armstrong received a tele-gram from Ottawa last Wednesday saying that his son Gordon was wounded-gunshot wound in the leg. Sympathy is extended to the family

Mrs. Ovens spent a few days in Robert Armstrong received a tele-gram from Ottawa last Wednesday saying that his son Gordon was wounded-gunshot wound in the leg Sympathy is extended to the family with the hope that the wound may not prove serious. We fauce to mention a very inter-esting event that took place between acts at the play school fair night. H D. McNaughton appeared before the drop curtain and in a playful manner ran the bidding up to \$3.50 on a beau tifully crocheted yoke made by Mrs. R. H. Moore. In the late summer Mrs. Moore made the yoke and tickets were sold on it by members of the knitting club to the amount of \$16.50, At the drawing Mrs. G. D. Dobbyn held the lacky ticket so she in turn put it up on this occasion, totalling \$20 for the yoke. G. Murdock of the bank secured the prize. The money goes for the navy fund. Following the next act one of the players app peared with another handsome yoke made by Mrs. C. A. Blain. Little Bessie Archer was called from the crowd. After shaking the box of tickets the little girl was told to draw seven tickets. The seventh would win the yoke. Mrs. Joseph Blain of Aldboro was the lucky one. We re gret we did not get the amount of money made. In the local column a notice appears for Thanksgiving nicht. Evervhody We fance to mention a very interesting event that took place between the nucles home in Sarnia.
 Priday after an extended visit at her activity of the place in the second characterize i

APPIN
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MACKE POULTRY PAY
Any masses data was shown and so helpful th the work of the Colone street different for father and mother, further from here attended to the solution.
Macfie was a great favorite where she was a consist ful donters? Club. The many beam for intervents and passes of the construction of the friends, there being corting to the very much in this village and hotters? Club. The many beam for intervents and nother further hore of the colonen at rectarding the work of the Colonen street different in the Appin construction of the friends, there being corting to this father's farm near Ear bays and hotters? Club. The many beam for intervents and mother further hore she was a consist furth donters? Club. The many beam for intervents and so helpful the work of the Colonen street different for father and mother further hore as the fail to the chart. James of the run and mother further hore hores are faster further the failer of the run and mother further hore hores for the failer of the run and mother further hore hores for the failer of the run and mother further hore hores farmer being confined to the failer failer of the run and mother further hore hores for some time with a broke.
Macfie leaves to mourn here being confined to the failer failer of the run and mother further hores for the part leaves to mourn here forting to the there here here being confined to the set failer of the run and mother further hores for the failer for the part is the set of the failer for the part is the set of the failer for the part is the set of the failer for the part is the set of the set of the part is the set of the failer for the part is the set of the failer for the part is the set of the set of the part is the set of the failer for the part is the set of the failer for the part is the set of the failer for the part is the failer for the part is the set of the part is the set of the part is

MELBOURNE

Leslie of London and brother Clifton with the American army overseas. The pallbearers at London were six intimate friends and at Appin six more, the latter being W. May, N. A., Black, Will Pole, Frank Nicholls, Fred, B. Brown and R. E. C. McDon-ald. The many friends have the sin-the time of sad bereavement. Mcs. Rev. Edwards is confined to hav-tern the second second part of the second second parts. Mcs. Rev. Edwards is confined to hav-tern the frequence of Education in Tor-

e time of sad bereavement. Miss Elinor McNabb has left to at-Mrs. Roy Edwards is confined to her tend the Faculty of Education in Toronto.

A sure corrective of flatulency.— When the undigested food lies in the stomach it throws off gases, causing pains and oppression in the stomach region. The belching or eructation of these gases is offensive and the only way to prevent them is to re-store the stomach to proper action. Parmelee's Vegetable Pills will do this. Simple directions go with each packet and a course of them taken systematically is certain to effect a cure.

KILMARTIN

time of sid bereavement. Irs. Roy Edwards is confined to her ne with grippe. The anniversary of the Methodist rch on Sunday was very largely anded and enjoyed. Rev. Mr. nelly of Alvinston gave two very ellent sermons, in the afternoon aking on the subject "Unstable as ter," and in the evening "The quest ife." The choir were assisted very y by Mr. Henry of Bethel, Mr. and s. Fred. McGill of Glencoe and the ncoe ladies' trio of the Methodist rch there, which was very much treding call was heartily responded and as a whole the anniversary vices were a splendid success. Ye are glad to hear that Mrs. .) McCulloch is recovering_after attack of appendicitis. Mr. and Mrs. Gordon McNeil were the guests of Mr. and Mrs. Andrew Douglas this week. Rev. Dr. Waters, a returned mis-sionary from India, preached in Burns' church last Sunday evening. an attack of appendicitis. Mrs. E. H. Fawers of Watford will

address the Women's Missionary So-ciety and Mission Band at their yearly thankoffering service to be held in the Presbyterian church on Wednes-day, Oct. 16th, at 2.30 p. m. All are nordically invited to actuard GLENCOE PUBLIC SCHOOL

cordially invited to attend. The Women's Institute will meet at the hone of Mrs. Jones on Thursday afternoon, Oct. 17, to pack boxes for-the soldiers. Will the ladies bring in their fruft cakes?

CAIRO

Senior Third Class .- William Moss

Wehlann 49. Junior Third Class .- Willie Ander-

MAKE POULTRY PAY

house. To get the best results the pullets should be placed in winter quarters by November 1st. Sometime in August or September the henhouse should be thoroughly cleaned, the

walls, ceiling, etc., brushed down, and all old cobwebs, etc., removed, then give the house a good whitewashing, and if the floor is earth or

sand at least four inches of it should sand at least four inches of it should be renewed. If at all possible, separate the pul-lets from the old hens and cockercis. In order to lay well, they should be fed all they will eat, particularly of ground grains and green foods, and should not be overcrowded. About twenty-five to thirty-five pullets is plenty for a pen twelve feet square; in fact, in many cases twenty-five pullets in the pen will lay almost as many eggs as the thirty-five. Should you be fortunate in having too many pullets, or where you can make a

you be fortunate in having too many pullets, or where you can make a selection, get the earliest and best matured ones into the pen first. If you have to crowd or sell some get rid of the small, weak ones and those that are slow to develop. The pen should be light and well ventilated. Have all the ventilators or openings on one side of the house and close together. Do not have an opening in one end of the house and another in the other end. These cause drafts, which are very apt to produce colds and sickness. It usually takes a pullet at least three weeks to get over a cold, and she seldom lays while she has a cold. Keep the house

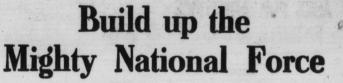
while she has a cold. Keep the house dry, and use plenty of dry straw in which the birds can scratch for the feed. Remember a laving hen needs

Remember a laying hen needs plenty of food, grit, and shell ma-terial. Also there should be a variety to the food; that is green food such as clover leaves, cabbage, or sprout-ed oats, or if none of these can be had, some roots. She also needs some form of meat food—sour milk is the best, but beef serap, or other some form of meat food—sour milk is the best, but beef scrap, or other meat offal, if untainted, will answer. Usually bout one-third of the grain should be ground or even up to one-half. The whole grain makes exer-cise in hunting for it in the straw. Always remember the pen should be clean, dry, and sweet.—Prof. R. W. Graham, O. A. College, Guelph.

To Preserve the Fertility of Manure In fresh manure the plant food materials are not in as available con dition for growing plants as in wellrotted manure. In the storing manure, however, to get it well rotted considerable losses of plant food occur unless the manure pile is properly packed.

If the quickest returns are not wanted following the application of the manure to the soil, then the manure may be added in the fresh condition. If this is done in warm weather the manure should be ploughed in as soon as possible after application. The total plant food ma-

terials present in the manure will Senior First Class.—Florence Hills S. George Kelly 68, Margaret Mc-Lachlin 68, Merva Stuart 59, Ethel McAlpine 59, Willie Ramsay 49, Alvin Hagerty 43, Gordon Ramsay 39, Helen Clarke 33, Jean Grover 32, Sldney Ew-ing 30, Albert Squire 28, Campbell Miller 26, Bert Diamond 22, Irene Squire 21, Lillian Dorman 20, Llew-ellyn Reycraft 17, *Nelson Reycraft 15, *Donald Oliphant 13, Greeta Cush-man 0; absent, Carrie Smith. * Ab-sent for exam.



FOR fifty years the Teuton peoples have been trained, disciplined, whipped, into servile cogs of an implacable military machine, by which is maintained the Prussian doctrine of might, and the Kaiser's autocracy. The Teutons deny themselves, they make sacrifices, because they are trained or forced to do so, but they do it.

The peoples of the Allied nations must make great sacrifices and tremendous efforts in order to defeat the enemies of freedom, but because they are free peoples it is left largely to the individual to say what or how much self-denial each will practice.

So if freedom is to prevail individuals must make voluntary sacrifices which in the aggregate will be greater than the forced sacrifices of the enemies of freedom.

HE measure of your love of I freedom is your willingness to deny yourself so that the strength of the nation for war effort will be increased.

This self-denial must take the form of money-saving-thrift. Each person knows in what way he or she may save.

The national need says you must save, but free Canada leaves it to you to say by what means and to what extent you will save.

autumn colorings, with high or low collars and pretty cuffs. Blouses of Georgette

flesh, bisque and white. Round neck styles,

deep, square yokes, silk or bead embroidery. WE ACCEPT CANADIAN MONEY AT PAR

crepe at the latter price in suit colors,

DETROIT

Now, it is for you, each of us, everyone of us to say how much patriotic endeavor, how much loyal sacrifice we will make by saving our money, by "doing without" so that each day will see a surplus to add to our own and the nation's strength. No matter how small the surplus it is important because each saving is an effort made, and many small individual efforts make the mighty national force.

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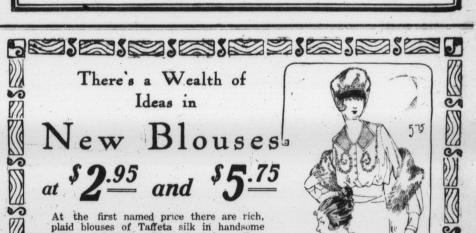
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Special

Published under the authority of the Minister of Finance of Canada.



also

MAIL INQUIRIES

SOLICITED

Report for September. Sixt ent. required to pass. Pupils' ge mark given:--Sixty per upils' aver-Senior Fourth Class.—Sadie Young 79. Jean Irwin 74. Gladys Bechill 74. Cecil McAlpine 61. Clifford Ewing 60. Albert Anderson 50. Duncan Weaver

Albert Anderson 30, Dunchn Weaver 44, Alex Stuart 14, Junior Fourth Class.—Margaret Me-Donald 89, Florence McEachren 85, Nuala Stuart 80, Leslie Reeves 80, Ethel George 72, Arlie Parrott 66, Rhoderick Stuart 62, Grace Dalgety S. Frank of Hamilton was a visitor Mrs. E. McGugan, who has resided

Senior Third Class.— William Moss 74, Willie Diamond 71, Pat Curry 67, Sherman McAlpine 67, Charlie Stra-chan 67, Mary Quick 65, Clarence Leitch 64, John Hillman 62, Alex, Sutherland 59, Joe Grant 59, Willetta

 at these services will be used this object.
 62, *Jennie Abrie 1

 it is object.
 14. aaMabel Chambers 36.

 jr, II.—a*Edward Feasey 88, aMabel Dewar 79, aMarjorie Chambers 65.
 15, *Donald Oliphant 13, Greeta Cushtin .* Abstiman 0; absent, Carrie Smith. * Abstiman 0; absent, Carrie Smith. * Abstiman 0; absent, Carrie Smith. * Abstiman 0; absent for exam.

 Burns' church shipment to Hyman Hall for September—27 pairs of sox, 31 shirts; private parcels—2 fanned this as the parcels—2 fanned to see, Weiner, -Edwin Douglas, Lucy 2nd—collection, \$15,65. Anyone wish-2nd—collection, \$1 shirts; total value, \$93. Meeting at Mrs. Gaibraith's on Wednesday, Oct. 2nd-coilection, \$15.65. Anyone wish-ing to contribute to the soldiers' cheer may leave cake, candy, etc., at the president's on Thursday, Oct. 10, as the box will be packed Thursday af-ternoon. ternoon. Sacrament will be observed on Sunday, Oct. 13th, in Burns' church. Service on Friday at 12 p. m., con-ducted by Rev. Mr. Chidley of Mount This Space Belongs 🚆 to the Brydges. Neil Munroe is visiting his sons, Mac. and Archie, in Windsor. Basket-ball has closed for the sea-NEWBURY CASH STORE son. Mungo Leitch is spending a few days with friends and relatives at Sim-coe and Jarvis. Jim Nisbet spent the week-end at his home in Wyoming. FENBY'S MILLINERY. Are you saving for Victory Bonds?

EXEMPTION OF FARMERS The Military Service Board has is-sued the following notice under the Military Service Act: 1. All members of Class 1 possessing exemption as farmers which is expiring and who wish to remain exempt should com-municate with the registrars under tricts, requesting an extension in time of such exemption. Question-aires will thereupon be issued to these men by the registrar and they will re-ceive further exemption upon furnish-ing satisfactory proof that they are contributing sufficiently to the rad-tinate months, men exempted and that productive employment during the winter months, men exempted and farmers should apply to the registrar for permits to engage for the winter est, such as lumbering, munition work, et. Such permits will serve to en-able exempted farmers to pursue other useful occupations for the months during which farming opera-tions cannot be carried on. Are you saving for Victory Bonds?

Are you saving for Victory Bonds?



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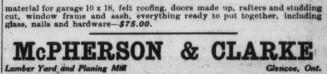
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Spare the children from suffering from worms by using Miller's Worm Powders, the most effective verni-fuge that can be got with which to combat these usidious foes of the young and helpless. There is no-thing that excels this preparation as a worm destroyer, and when its qual-lities become known in the household no other will be used. The medicine acts by itself, requiring no purgative to assist it, and so thoroughly that nothing more is desired.

or we will furnish

nothing more is desired.

When Holloway's Corn Cure is ap-plied to a corn or wart it kills the roots and the callosity comes out without injury to the flesh.



A Preston Garage, 10 x 18, with metal roof, hardware, glass and painted, rected on your place-\$115.00,