

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, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you 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. Owens spent a few days in London last week.

Robert Armstrong received a telegram from Ottawa last Wednesday saying that his son Gordon was wounded—gunshot wound made by Mrs. Sympathy is extended to the family with the hope that the wound may not prove serious.

We failed to mention a very interesting 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 beautifully crocheted yoke made by Mrs. E. 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. Dobyns held the lucky ticket so she in turn put it up on this occasion, totalling \$20 for the yoke. G. D. Murdoch of the bank secured the prize. The money goes for the navy fund. Following the next act one of the players appeared 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 regret we did not get the amount of money made.

In the local column a notice appears for Thanksgiving night. Everybody will like to assist the boys in having a good Christmas. Stockings and boxes are to be filled and sent.

Rev. G. S. Lloyd of Glencoe will conduct anniversary services in Knox church here on Sunday, Oct. 13, at 11 a. m. and 8 p. m. The congregation of this church is making a supreme effort this year to wipe off a debt on the church sheds, and the collections at these services will be devoted to this object.

KILMARTIN

Mr. and Mrs. George F. Munro visited Rev. Captain Macdonald of Kintore last week.

Burns' church shipment to Hyman Hall for September—27 pairs of socks, 31 shirts, private parcels—2 flannel shirts; total value, \$92. Meeting at Mrs. Galbraith's on Wednesday, Oct. 2nd—collection, \$15.65. Anyone wishing 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 afternoon.

Sacrament will be observed on Sunday, Oct. 13th, in Burns' church. Service on Friday at 12 p. m., conducted by Rev. Mr. Chidley of Mount Brydges.

Nell Munroe is visiting his sons, Mac and Archie, in Windsor. Basketball has closed for the season.

Mungo Leitch is spending a few days with friends and relatives at Simcoe and Jarvis.

Jim Nisbet spent the week-end at his home in Wyoming.

Asthma brings misery, but Dr. J. D. Kellogg's Asthma Remedy will replace the misery with welcome relief. Inhaled as smoke or vapor it reaches the very most recesses of the bronchial passages and soothes them. Restriction passes and easy breathing returns. If you know as well how this remedy would help you as do thousands of grateful users, there would be a package in your home tonight. Try it.

Are you saving for Victory Bonds?

APPIN

The whole community was shocked last week when the sad news came telling of the very sudden death in London of Mildred Estella Knight, wife of Dr. A. V. Macfie. Mrs. Macfie was only ailing a few days, having taken ill on Saturday morning with pleuro-pneumonia, and passed away on Tuesday. The funeral service was held at her late home at 289 Piccadilly street, London, and the body was brought to Appin, her former home, for interment in the Appin cemetery. A number of her friends and relatives accompanied the remains to Appin. Mrs. Macfie was a great favorite wherever she was known and so helpful in the work of the Colborne street Methodist church, where she was a consistent member of the choir, Ladies' Aid and Mothers' Club. The many beautiful floral offerings gave a slight idea of her many friends, there being over twenty wreaths and sprays. Mrs. Macfie leaves to mourn her loss besides her husband and four little children, her father and mother, Mr. and Mrs. B. Knight of London, brother 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. McDonald. The many friends have the sincere sympathy of the neighborhood in the time of sad bereavement.

Mrs. Roy Edwards is confined to her home with gripe.

The anniversary of the Methodist church on Sunday was very largely attended and enjoyed. Rev. Mr. Donnelly of Alvington gave two very excellent sermons in the afternoon speaking on the subject "Unstable as water," and in the evening "The quest of life." The choir were assisted very ably by Mr. Henry of Bethel, Mr. and Mrs. Fred McGill of Glencoe and the Glencoe ladies' trio of the Methodist church there, which was very much appreciated by all present. The thank offering call was heartily responded to, and as a whole the anniversary services were a splendid success.

We are glad to hear that Mrs. (Rev.) McCulloch is recovering after an attack of appendicitis.

Mrs. E. H. Fawcett of Watford will address the Women's Missionary Society and Mission Band at their yearly thanksgiving service to be held in the Presbyterian church on Wednesday, Oct. 16th, at 2.30 p. m. All are cordially invited to attend.

The Women's Institute will meet at the home of Mrs. Jones on Thursday afternoon, Oct. 17, to pack boxes for the soldiers. Will the ladies bring in their fruit cakes?

CAIRO

S. Frank of Hamilton was a visitor at his general store here during the week, arranging business for the future.

Mrs. E. McGugan, who has resided at the home of Mr. and Mrs. O. Gage and in the meantime suffered from a fractured hip, has dismissed her nurse and left for the home of A. R. McGugan, her nephew, for the winter.

Miss Mona McKeown returned on Friday after an extended visit at her uncle's home in Sarnia.

Mrs. W. Fraser of Walkerville is visiting at her former home and with other friends at present.

Mr. Burrows of Chatham officiated in the Presbyterian church on Sunday last in the absence of the pastor, A. E. Waghorne. Miss Manie Young presided at the organ in a very acceptable manner.

If S. Bliton, collector, is going his rounds again in this township.

WARDSVILLE

Harvest thanksgiving services in the English church on Sept. 29th were well attended. On Monday evening Capt. (Rev.) E. Appleyard of Woodstock gave a most interesting lecture on the war, particularly mentioning the gallant work of the Canadians at Vimy Ridge. A thanksgiving supper will be given in the basement of the English church on Monday evening, the 11th.

WALKERS

The following is the standing in percentage of S. No. 5 pupils for September. A Means absent for one exam. * Means perfect attendance:

Jr. IV.—Norman Morrow 77, aaEdna Hetherington 61, Wallis Reilly 33. Sr. III.—Jean Boyd 80, *Aurelia Dewar 70, aCharlie Boyd 63, Lillie Woods 55.

Jr. III.—aaSidney Feasey 82, aaEwart Munroe 75, *Martha Boyd 62, *Jennie Morrow 45, *Irene Parker 44, aaMabel Chambers 36.

Jr. II.—aEdward Feasey 88, aMabel Dewar 79, aMarjorie Chambers 65, Fred Gough 64.

Sr. IV.—*Margaret Parker, *Lloyd Morrow, Evelyn Boyd, Vera Reilly, Lorne Osler, Verna Reilly, Clayton Osler, Marion Henry.

Sr. Primer.—Archie Leitch, Clayton Osler.

Jr. Primer.—Edwin Douglas, Lucy Feasey, Margaret Feasey.

This Space Belongs to the

NEWBURY CASH STORE

W. H. PARNALL

Successor to W. M. Edwards and L. B. Gage. License No. 8-13967.

WAIT FOR OUR SALE OF MISS FENBY'S MILLINERY.

MELBOURNE

Mrs. Ed. Dyer and daughter of Toronto are visiting Mrs. Dyer's parents, Mr. and Mrs. James Collier.

A number from here attended the fair at Mount Brydges on Friday and report a splendid exhibit.

The members of Anna Rebekah Lodge are holding a social evening in honor of Mrs. Handsford, a P. N. G., who is leaving this village.

Howard Handsford has sold his house and lot to A. D. Brown who sold it to Jack Little. Mr. Handsford is moving to his father's farm near Embury. Mr. and Mrs. Handsford will be missed very much in this village and vicinity. James Showers will have charge of the rural mail route that Mr. Handsford has had for some time. Jack McNabb is attending Toronto University.

We are pleased to see Murray Laing out again after being confined to the house for some time with a broken leg.

Mrs. Robert Parr is visiting friends at Kimbal.

Miss Burley is the guest of Miss Richards.

Mr. Ralston of London is visiting friends here.

Mr. and Mrs. Long of Cleveland are visiting at the former's old home here.

Miss Grace Spenceburg has returned from attending the wedding of Miss Williams of Windsor, formerly of Melbourne.

Miss Elinor McNabb has left to attend 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 restore 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

Mr. and Mrs. Gordon McNeill were the guests of Mr. and Mrs. Andrew Douglas this week.

Rev. Dr. Waters, a returned missionary from India, preached in Burns' church last Sunday evening.

GLENCOE PUBLIC SCHOOL

Report for September. Sixty per cent. required to pass. Pupils' average mark given:—

Senior Fourth Class.—Sadie Young 79, Jean Irwin 74, Gladys Bechill 74, Cecil McAlpine 61, Clifford Ewing 60, Albert Anderson 50, Duncan Weaver 44, Alex. Stuart 14.

Junior Fourth Class.—Margaret McDonald 89, Florence McEachern 85, Nansi Stuart 80, Leslie Reeves 80, Ethel George 72, Annie Parrott 66, Rhoderick Stuart 62, Grace Dalgety 44.

Senior Third Class.—William Moss 74, Willie Diamond 71, Pat Curry 67, Sherman McAlpine 67, Charlie Strachan 67, Mary Quick 65, Clarence Leitch 64, John Hillman 62, Alex. Sutherland 59, Joe Grant 59, Willette Wehlman 49.

Junior Third Class.—Willie Anderson 91, Jim Donaldson 86, Eleanor Sutherland 86, Emma Rycraft 78, Wilfrid Haggett 72, Clifford Stinson 69, Grey Donal 68, Winnie Sillett 64, Martin Abbott 60, Mabel Wright 56, Verna Stevenson 56.

Senior Second Class.—Miriam Oxley 89, Fred McKee 87, Ida Irwin 85, Delbert Hicks 82, Donna McAlpine 77, Mildred Anderson 76, Thelma McCaffery 76, Garnet Ewing 75, Charlie Davenport 72, Ivan Ramsay 72, Margaret Smith 71, Mae Dorman 66, Scott Irwin 66, Glen Abbott 64, Irene McCaffery 62, Billie Donal 60, Margaret Strachan 58, Gordon Stevenson 54, Dorothy Dean 52, Marjorie McLarty 51, Blake Tomlinson 50, Gordon McDonald 49, Lowell Best 33.

Junior Second Class.—Daisy McCracken 84, Bessie McKellar 77, Freddie George 73, Katie McCracken 70, Charles George 68, Vera McCaffery 66, *Frank Sillett 60, Earla Oliphant 59, Eliza McDonald 58, Albert Young 57, Tom Hillman 52, Stanley Abbott 50, *Harold Wilson 49, Gordon Doull 47, George McEachern 42, Albert Diamond 41, Leonard Donaldson 38, *Kathleen Wilson 34.

Senior First Class.—Florence Hills 85, George Kelly 68, Margaret McLachlin 68, Mervia Stuart 59, Ethel McAlpine 59, Willie Ramsay 49, Alvin Harty 43, Gordon 42, Helen Clark 33, Jean Grover 32, Sidney Ewing 30, Albert Squire 28, Campbell Miller 26, Bert Diamond 22, Irene Squire 21, Lillian Dorman 20, Llewellyn Reycraft 17, *Nelson Reycraft 15, *Donald Oliphant 13, Greeta Cushman 6, absent, Carrie Smith. * Absent for exam.

Primary.—Leonard Harper, Roy Munford, Gordon McEachern, Clara Tomlinson, James Oliphant, Richard Brand, Helen Eddie, Alma Parrott, Evelyn Kelly, Florence McKellar, Della Stevenson, Margaret Young, Rose Dorman, Gertrude Abbott, Kathleen McIntyre, Cleason Cushman, Genevieve Cowan, Lillian Hagerty.

EXEMPTION OF FARMERS

The Military Service Board has issued 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 communicate with the registrars under the M. S. A. of their respective districts, requesting an extension in time of such exemption. Questionnaires will thereupon be issued to these men by the registrars and they will receive further exemption upon furnishing satisfactory proof that they are contributing sufficiently to the national food supply. 2. In order to facilitate productive employment during the winter months, men exempted as farmers should apply to the registrars for permits to engage for the winter in some occupation of national importance, such as lumbering, munition work, etc. Such permits will serve to enable exempted farmers to pursue other useful occupations for the months during which farming operations cannot be carried on.

Are you saving for Victory Bonds?

MAKE POULTRY PAY

Laying Hen Needs Plenty of Food, Grit and Shell Material.

In Preserving Manure Prevent Leaching First and Then Keep Pile Moist and Well Packed.

(Contributed by Ontario Department of Agriculture, Toronto.)

ANY times the failure of securing a satisfactory winter egg yield is due to neglect of the pullets early in the fall. The ordinary pullets begin laying at from six to seven months of age, and many farmers get a few pullets in October and November, followed by little or no production in December or early January. This frequently is due to a change in roosting quarters or being overcrowded and underfed in the poultry 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 white-washing, and if the floor is earth or sand at least four inches of it should be renewed.

If at all possible, separate the pullets from the old hens and cockerels. 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 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 dry, and use plenty of dry straw in which the birds can scratch for the feed.

Remember a laying hen needs plenty of food, grit, and shell material. Also there should be a variety to the food; that is green food such as clover leaves, cabbage, or sprouts, 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 scrap, or other meat offal, if untainted, will answer. Usually about one-third of the grain should be ground or even up to one-half. The whole grain makes exercise in hunting for it in the straw. Always remember the pen should be clean, dry, and sweet.—Prof. D. W. Graham, O. A. College, Guelph.

To Preserve the Fertility of Manure.

In fresh manure the plant food materials are not in as available condition for growing plants as in well-rotted manure. In the storing of 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 materials present in the manure will thus be added to the soil, where they will be prepared by the soil bacteria for use by the growing crops.

The main objections to putting fresh manure on the land are—first, it is not always convenient to do so; second, weed seeds may be numerous in the fresh manure, consequently a heavy weed crop may be expected; third, its action is not so rapid as in the case of well-rotted manure, but it is active over a longer period.

Where manure is to be stored in piles or pits until it is ripened, or until it is convenient to use, then the greatest care is necessary to prevent losses of plant food materials from it.

In the first place the bottom of the pile or pit should be impervious to water so that leachings from the pile will not occur. Second, it is well to have a layer of old well-rotted manure at the bottom. Third, the manure as it is piled up should be well compacted or tamped down to prevent excess of air from getting into it. Fourth, it should be kept moist but not wet. These precautions apply more particularly to horse manure, which is loose and comparatively dry. Unless this is kept well packed and moist, loss by fire fang is certain. This is an oxidation process, or fermentation, set going by certain species of bacteria in the manure. If cow or pig manure is available it should be mixed with the horse manure in the pile, as these are very wet and compact and will give a good consistency to the whole mass. Manure so kept will have the minimum of loss and the plant food will be ripened by the various species of bacteria in it and thus made ready for immediate use by the growing crops when it is added to the soil.

The man is kept to be remembered in storing manure are, first, to prevent leaching; second, to keep it well packed down and moist.—Prof. D. H. Jones, O. A. College, Guelph.

Are you saving for Victory Bonds?

Build up the Mighty National Force



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.

THE measure of your love of 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.

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.

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

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at \$2.95 and \$5.75

At the first named price there are rich, plaid blouses of Taffeta silk in handsome autumn colorings, with high or low collars and pretty cuffs. Blouses of Georgette crepe at the latter price in suit colors, also flesh, bisque and white. Round neck styles, deep, square yokes, silk or bead embroidery.

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