

Health Follows

CHIROPRACTIC corrects pressure on spinal nerves in Diseases of the following organs:

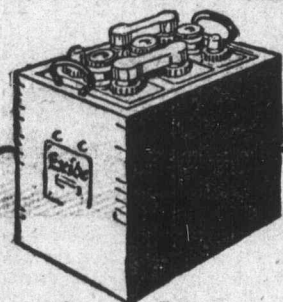
HEAD
NOSE
EYE
THROAT
EARS
ARMS
HEART
LUNGS
LIVER
STOMACH
PANCREAS
SPLEEN
KIDNEYS
BOWELS
APPENDIX
BLADDER
LOWER LIMBS
ETC.

ACT TO-DAY

Why delay when consultation is without charge FIND OUT

Dr. A. C. ANDERSON
CHIROPRACTOR

ROCHE HOUSE
MONDAY, WEDNESDAY
FRIDAY
2 to 4



Exide
MADE IN CANADA
BATTERIES

The best battery you can buy is the cheapest in the end.

WILLIAMS BROS.
GARAGE
Watford Ontario

KEEP FIT TO MUSIC

AT LAST—a way to get joyous fun from your exercise!

WALTER CAMP'S
DAILY DOZEN

set to music, will make you
—FEEL BETTER
—WORK BETTER
—LOOK BETTER

No Fads. No Medicines. No Exertions. No Self Denials.

Just Twelve simple exercises, set to music that you'll enjoy as much as a cool shower on a sweltering hot morning.

If you are fit—Keep Fit with the "DAILY DOZEN."

If you are not fit—Start at once with the "DAILY DOZEN."

These sets may be had on 24 hour approval and purchased on easy terms.

Harper Bros.
WATFORD

THINGS WORTH KNOWING

The remains of a mastodon or some other prehistoric animal were discovered recently on a farm in Dover township. The jaw-bone weighed 40 lbs and some of the teeth were fully a foot long.

The Canadian postal department has greatly reduced the number of square inches of mucilage to be moistened per person per annum by introducing a four-cent stamp. This stamp, of a deep mustard color, is intended for use on mail addressed to the British Isles.

The Government has shipped to the commissioner in charge of the road between Essex and Cottam, a carload of a mixture which draws the moisture from the air to keep down the dust on the Talbot road. Within 24 hours the road, with this treatment, appears quite damp.

Not many days will elapse now before prospective barbers will have to go before a provincial board of examiners in Toronto, pass a rigid efficiency test and undergo a complete medical examination before they will be granted a formal diploma permitting them to serve the public, either as employer or employee.

Census returns give West Middlesex a population in 1921 of 25,033, a decrease over 1911 of 2,267 and over 1901 of 4,087. Every municipality in the riding, with the exception of Glencoe and Wardville, shows a decrease in the population in the last two decades. Glencoe shows an increase in population over 1911 of 21 and Wardville of 61.

Butter-makers in Halton County are complaining about the effect of sweet clover on butter. They state that it has a strong, greasy flavor and have been informed by Montreal buyers that it will injure the good reputation of Canadian butter in the English market. The cheese men are also up in arms against sweet clover for the pasture and for fodder as it spoils the flavor of the cheese.

Frederick Green, of Cleveland, asks what does the word dollar mean? Others are puzzled, as they look at the dollar, beyond its own home. Mr. Green sends a diagram showing "what an ounce of gold will hold," in hours of skilled labor. It will buy seventeen hours in America, fifty hours in England, ninety-five hours in Japan, one hundred and seventeen hours in France, nine hundred and one hours in Germany.

Russia which has been drunk from Bolshevism for several years, is about to jump off the water wagon. Moscow advises state that a decree authorizing the sale of vodka, which has been prohibited since 1914 is expected to be issued on August 1st. The pre-war strength of vodka was 48 per cent alcohol. Under the new decree the strength will be 38 per cent, and the manufacture will be undertaken on a state monopoly.

Canada's rural population, according to the census of 1921, was just slightly over fifty per cent, of the whole. In 1891 it was sixty eight per cent. Thirty years ago two out of every three persons in Canada lived in rural districts. Today as many people live in urban as in rural districts. And this in spite of the development of the great farming areas of the West. The increase in the total population has been gratifying but too many people are leaving the land.

With coal miners and railway employees on strike, the United States has its hands full just now. Chances are their scrapping won't warm many Canadian hearthstones next winter unless they speedily get down to business. If Canadian coal is obtainable in such arrangements should be set in motion that we would be independent of Uncle Sam and the tantalizing and almost everlasting delays and trade restrictions, to say nothing about the way the prices have advanced, often for a very inferior quality of back diamonds. What about Canadian coal? It would boost our collieries and railways.

DOES IT PAY TO WORRY ABOUT APPENDICITIS?

Can appendicitis be guarded against? Yes, by preventing intestinal infection. The intestinal antiseptic, Adler-i-ka, 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 Adler-i-ka brought out. J. W. McLaren, druggist, Watford.

A GIFT OF THE GODS

Bounteous nature has supplied tea for the pleasure and refreshment of mankind. When pure and fresh, it is a most delicious and beneficial drink. In winter, if it is served hot, it is delightfully exhilarating, and in the heat of summer, if iced, there is nothing more refreshing. Unquestionably, the purest and most delicious tea to use is "SALADA". Your grocer can supply you. Ask for it to-day.

William Wrigley, Jr., the successful chewing gum magnate, talking with a smoking car audience the other day, was telling the others how much a year the chic people invested in advertising. "But, Mr. Wrigley, you have spent millions of dollars and created a splendid demand now; everybody talks about and chews Spearmint. Your demand is steady and growing. Isn't it a waste to continue spending so many thousand dollars a year in publicity?" one of his auditors asked. The Spearmint King thought a moment, and then replied. "My friend, if I were to stop advertising, it would be just like taking the engine off this train. It would slow down, and after a little while stop. Advertising is the locomotive of business, and if you don't have it, business comes to a stop."

The Hydro-Electric Power Commission of Ontario has made a big reduction in the power rates for Marmora village bringing the price down from \$53.70 to \$35 per H.P. The Herald states the reduction in the local rates amounts to 30 per cent. for both commercial and domestic users. The Herald also states "the amount of the reduction and the basis on which it is made is largely the result of the visit of the deputation from Marmora to the Hydro Electric Commission at Toronto last February. Previous to that time the village of Marmora was given no reason to hope for a large reduction, and some of the things the deputation pressed for were claimed to be contrary to the fixed policy of the Commission."

Women who are interested in the recent amendments to the Assessment and Voters' Acts of Ontario and are looking forward to the time when they can take a more prominent part in civic affairs, will be glad to know that they will be duly enfranchised on an equality with their male friends on and after January 1st, 1923. This means that in 1923 they will be able to vote in the various municipalities for the election of controllers, aldermen, reeves or councillors with the result that the present number of voters will be doubled. The changes will give the wives of property-owners and tenants alike the privilege of voting, and in cases where the wives are registered owners or tenants their husbands will have like privileges. In some localities it has been thought the Act would become effective in 1923, so that women would have the right to vote next year, but this view is mistaken. When the assessors prepare the lists for 1924 they will insert the names of all men and women entitled to vote as owners and tenants and the names of their husbands and wives as the occasion demands.

The Book of Common Order for the proper ordering of acts of worship and a companion to the Book of Praise, has been issued as an official publication of the Presbyterian church in Canada. Divided into three main portions, the Book of Common Order deals comprehensively with practically every contingency which might occur in the carrying out of any of the services or ceremonies of the church. Part one contains the general orders for public worship, together with alternative and additional prayers, of which besides other allied matter, there are no less than one hundred and fifty-five. Part two contains two forms for the celebration of the Holy Communion and the other sacraments of the church. Included also are the orders of service for the baptism of infants, the burial of the dead, the solemnization of marriages, and for various other occasional ceremonies, such as the laying of corner-stones of churches or the dedication of memorials. In part three is found the order for the visitation of the sick, together with a very complete lectionary for the Christian year.

Dread of Asthma makes countless thousands miserable. Night after night the attacks return and even when brief respite is given the mind is still in torment from continual anticipation. Dr. J. D. Kellogg's Asthma Remedy changes all this. Relief comes, and at once, while future attacks are warded off, leaving the afflicted one in a state of peace and happiness he once believed he could never enjoy. Inexpensive and sold almost everywhere.

It Measures Up in Tea Quality

100% of its Selling Cost

"SALADA"
TEA

"STANDARD" THE WORLD OVER

Sarnia Business College

IT'S A GOOD SCHOOL

Talcum Powder Healthful

Scientists have discovered that Talcum Powder has a beneficial effect upon the skin, particularly when properly borated. It is antiseptic, soothing and healing to sunburned or chafed skin, and is an excellent protection to the face and exposed portions of the body.

It is recommended that Talcum should be used freely by motorists and others who expose themselves to the sun, and as an application to the entire body after the bath, to prevent chafing, prickly heat, etc.

We recommend Nyal Talcum Powders because we know them to be absolutely pure, well borated and delightfully perfumed. We have them in a great variety of odors.

Prices 25c, 35c and 50c at

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Cameras and
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sizes back to
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Bring your
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Best Work.

The Western Fair

LONDON, ONTARIO

September 9th to 16th, 1922

WESTERN ONTARIO'S POPULAR EXHIBITION

\$38,000 IN PRIZES AND ATTRACTIONS

Everything to Educate and Amuse—Nothing to Offend.

EXHIBITS OF ALL KINDS.

SPEED EVENTS

Calf and Yearling Competition

Dog Show. Auto Races, Saturday, 16th. Music all the time.

Wonderful Programme Twice Daily. Fireworks Every Night.

C. A. WORTHAM'S SHOWS on the Midway. Something doing all the time

Admission: 9th, 11th, 15th, 16th, 25c. 12th, 13th, 14th, 50c

Children Free on Monday, Sept. 11th All information from Secretary.

J. H. Saunders, President.

A. M. Hunt, Secretary



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