

The Mainspring of the body

Health Depends On The Blood—and "Fruit-a-tives"
Insure Pure, Rich Blood.

Correct time hinges on the mainspring of your watch. Gold cases and jeweled monograms look handsome—but it is the homely old steel mainspring that sends you to work on time, and prevents you from missing the train.

Blood is the body's mainspring. People lose arms and legs—eyes and ears—even the entire stomach. But you've got to have good red blood, to have good health. Fruit-a-tives give it to you.

Just see how necessary the blood is. Every organ in the body depends on the blood for its nourishment. It supplies gastric juice to the stomach, to assist digestion. After food is properly digested, it takes up nourishment from the intestines and builds up flesh and strength. Prick the skin at any point, and blood will flow.

But—if the bowels don't move regularly, they keep food there until it decays—ferments. Instead of

blood taking up nourishment, it carries this decaying matter—poison—all over the body.

The stomach wants clean gastric juice and gets poison—

indigestion, sour stomach, heartburn, coated tongue.

The kidneys want pure blood to help them, and get poison—

pain in the back and then kidney disease. The muscles want nourishment so they can grow strong. They get poison instead—

rheumatism and sciatica.

The blood makes a vain effort to get rid of the poison and carries it to the skin—

pimples, blotches, sallow complexion.

Fruit-a-tives clean the stomach, and make sure that food is digested properly. They go after the lazy liver—and stop those "bilious attacks." They tone

Fruit-a-tives

Purify the blood because they first of all cure CONSTIPATION, which is at the root of the trouble.

"I find Fruit-a-tives to be the best medicine I have ever taken for my trouble. I have been a sufferer from Constipation for five years and until I used Fruit-a-tives, could not get going. I find the Fruit-a-tives pleasant to take, and I find that every two nights is sufficient now to make my bowels move regularly each day. All my visitors now hear about my new cure for Constipation."

Mrs. L. KENDRY, Treherne, Manitoba.

up the bowels—strengthen and invigorate them so they move regularly every day. They keep the kidneys working properly. With all the impurities of the body gotten rid of as Nature intends, there's none left to taint the blood.

That is the Fruit-a-tives way of cleansing and purifying the blood—and it is the only way to get the pure, rich blood that every man and woman and child must have to be well and keep well.

—if you have not your healthy color

—if pimples and blotches mar the complexion

—if the skin is sallow

—if the head aches

—if the tongue is coated and breath bad

—if the stomach is all upset

—and especially if Constipation is becoming chronic, start NOW on Fruit-a-tives.

One box of Fruit-a-tives will show you how easily and quickly these troubles can be cured, now that you know the right remedy to take. Your druggist has them.

Manufactured by FRUIT-A-TIVES LIMITED, OTTAWA.

DISTRICT DOINGS

BALDOON.

Rev. A. I. Brown will preach a special sermon to the I. O. F. on the occasion of their anniversary to be held in Grace Methodist Church at 7.30 next Sabbath evening. All welcome.

Splendid singing was rendered by the choir of Grace Methodist Church last Sunday morning. Rev. Mr. Brown gave an excellent sermon on "Gideon and his 300 men."

Rev. A. I. Brown and wife will attend the golden wedding of her father this week at Somers village. Thomas Rankin is quite poorly. We hope for his speedy recovery.

Miss Ethel Glover is visiting in the Maple City.

FLETCHER.

Mrs. John Cooper has returned from Windsor, where she was paying a visit to her sister.

E. Newham has his new threshing machine all ready for the coming season.

Mr. Finn, formerly of this place, and now of Windsor, paid a flying visit to town last week.

There was a fine concert given in the Presbyterian Church here on Friday evening. Mrs. S. G. Walker and some of her vocal pupils gave the program. Miss Edna Hicklin recited, while Mrs. Walker sang some splendid solos. Rev. Mr. McQuarrie acted as chairman for the evening.

Frank and Orilla Finn attended the wedding of Miss Lizzie Murphy in Windsor last week.

Miss Mary Murphy has returned from visiting friends in Windsor and Walkerville.

SANDISON.

The recent rains the past week have somewhat interfered with farm work.

Roy Jenner, of Charing Cross, was a recent guest of Mr. and Mrs. Wm. Bump.

The Mayor of Sandison is convalescent.

Pardo Bros. have just completed two long strings of fence across their large farm in Oxhorn valley.

Harvey Rogers is the guest of J. Knott.

T. L. Pardo, ex-M. P. P., was in Sandison on business last Wednesday.

Wm. Mason, of Blenheim, has been the guest of Mr. and Mrs. Alex. McKay the past week.

A number of the farmers of this vicinity are engaged in the sugar beet culture. Geo. Bennett and L. A. Pardo being the most extensive beet growers, each having 15 acres all cultivated, blocked and thinned.

The Sandison and New England school picnic was a huge success.

DOVER SOUTH.

On Wednesday, the 7th inst., His Lordship P. E. McKay, Bishop of London, administered the sacrament of confirmation to 31 candidates in St. Paul's Church.

O'Neill to Miss Louise Faubert. Mrs. C. Couture, who was seriously injured last week, is improving nicely.

E. R. Snook and James A. King were here last week on business.

Mrs. Frank J. Gagner, of Detroit, is here visiting friends and relatives.

Mr. and Mrs. D. D. Gagner are spending a few days in Perth and Montreal. Mr. Gagner is a delegate from Pain Court Court No. 246, C. O. F., to a Foresters convention in Perth.

Dr. J. P. Rutherford was here last week on professional business.

DOVER SOUTH.

F. M. Bechard spent Sunday here with friends and relatives.

G. G. Caron is here to-day on business.

Mr. Edward Gauthier is ill in St. Joseph's Hospital, Chatham.

Miss Marie Cheffert has returned home from Chatham after spending a few days with her cousin, Miss Annie Bonanza.

The bag of Edward O'Neill and Miss Louie Faubert were published in Pain Court church last Sunday.

A number from here spent the 24th at Mitchell's Bay.

Born to Mr. and Mrs. Gilbert St.

Pierre, a daughter.

How are all at home? Buy a bottle of Painkiller to-day and you will be insured against cholera, morbus, diarrhoea and kindred troubles. The reliable Perry Davis Painkiller is sold by all dealers. 25c. and 50c. bottles.

JEANNETTE'S CREEK.

Mr. Coates has bought four acres of land adjoining Mr. Kendall's property, from H. Forbes, and is building a dwelling on it.

Mrs. Reynolds and daughter, Miss Smith, are guests of Mrs. Gilbert Smith this week.

James Hamilton's driving horse severely injured itself on Saturday. It got its hind foot caught in a rope and was around its neck. It will be some weeks before it is well.

Mr. Morris, of Ottawa, is at the lighthouse.

Mr. Saunders, of London, was here for a few days last week.

The Ladies of the Methodist Church will hold their annual strawberry and ice cream festival on Friday evening, the 23rd. An interesting program will be given.

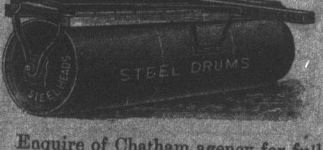
Mr. and Mrs. W. H. Shaw are visiting in Wallaceburg this week.

Nothing so good for
Constipation, Biliousness,
Indigestion, Headache,
Sour Stomach as
Abbey's
Effervescent Salt
Sleeplessness
Bad Breath
Coated Tongue
Inactive Liver
Dizziness

A teaspoonful in a glass of water in the morning.

25¢ and 60¢ a bottle.

BISSELL'S STEEL LAND ROLLER



The frame of steel angle bars, reinforced by hardwood stringers and double truss rods, carried by the heavy steel axle, which runs in roller bearings, makes a land roller—well farmers say there is nothing can touch it.

Enquire of Chatham agency for full particulars—the good points can't all be told here. None genuine without the name "BISSELL."

GEO. STEPHENS & CO., Chatham Agents
Manufactured by T. E. BISSELL, ELORA, ONT.

COLOR ON WALLS.

Influence of Certain Hues—Some Agreeable Schemes.

It is not generally known how great is the influence of light and color on the human system or that certain colors are beneficial and others pernicious and irritating in their effects on the nerves, says the Ladies' World. A room is made beautiful and restful by a judicious and artistic scheme of coloring, and such results are often attained by smooth surfaces on which a beautiful color is laid than where wall papers are used. One reason for this is that there are so few really artistic papers. The patterns are either small and disconnected, and therefore spotty, or else they are too large, straggling and too pronounced in coloring. Note the papers of this season especially—huge poppies, heroic sized roses, each individual flower pretty enough in itself—but who desires hundreds and thousands of repeats staring at one all over one's walls? A smooth, clean color on the wall is a relief. Then, too, it is more sanitary and cleaner. The stenciled friezes are so pleasing, and the design may show more than one color on a ground differing from the main wall.

Light Giving Colors.
Light giving colors are the most healthful, and these include all the yellows and all the colors in degree which have yellow in their composition. Yellow has many beautiful shades; indeed, the choice is very wide. Yellow especially suits rooms of northern exposure or northwestern or northeastern, in these rooms making a perpetual sunshine and illuminating for a dark hall. The wall in a hall, especially a narrow one, may well have a daisy of golden brown or bronze brown, the wall above a rich full yellow, and the frieze show both colors.

A kitchen done in pure white, varnished and laid off with lines to give the effect of tiles and the tiles in turn stenciled in white, will give the effect of an old Dutch interior. A housewife who has time and manual skill can do this herself and have a lovely kitchen.

Pleasing Shades.
Clear green walls are very pleasing for a sitting room in which pictures figure conspicuously. This green also harmonizes with the wood of furnishings.

Red—that is, pure red—is a color that should very seldom if ever be used for living rooms and never for bedrooms. It is irritating to persons with sensitive nerves. It may answer for a large hall provided it is a modified red—say, old red, terra cotta red, pom-pellian red or pomegranate red. There are some lovely grays—grays formed by the combination of certain colors—but the gray made by black and white should be avoided. It's cold and depressing, ugly and unwholesome.

The Quarrel Room.
In one of Kipling's railroad stories the manager of a great freight terminal was described as moving tranquilly about, humming the words of an old hymn which told of green fields and murmuring brooks, while trains rolled in and out a hundred tracks subject to his direction. Trainsmen besieged him for orders and explanations and swearing truckmen crowded around him for orders and privileges. He was the blessed calm of a May morning amid distractions and responsibilities which would drive some men mad. He was a man of self control.

We need some of us, more of the railroad manager's calm in the life of the home. The table of all places, should be free from contention and fret. The stomach of the angry person, the worried or the unhappy, does not perform its work well. The person who is possessed of a "grudge" should be obliged to take his meals alone until his malady is cured.

Why not, in every home, a quarrelling room, set apart for those who are ill natured and a severe penance demanded from each and every one found "grouchy" outside of it? And for the settlement of family disputes? The walls should be padded—no windows or frail furniture, and, of course, no bric-a-brac. Some comfortable but stationary chairs like those in a dentist's office would make the room both safe and habitable.—Good Housekeeping.

Boiled Cream Dressing.
Many families do not like olive oil, and for those who do not eat salads on this account, boiled cream dressing made as follows will be found delicious: Add a tablespoonful of sugar, half a teaspoonful of salt, a fourth of a teaspoonful of white pepper, a teaspoonful of mustard to half a cupful of vinegar; place in a granite ware basin over the fire, and when hot beat in a cupful of cream or milk, two eggs, a tablespoonful of butter; let become cold.

A Dressmaker's Way.
I learned from a dressmaker how to form the popular silk and satin girdles, says a Good Housekeeping correspondent. Instead of taking a straight bias piece the desired width, as many do, the girdle should be formed by hollowing out the front and cutting it a little higher in the back, as the dotted lines in the diagram indicate. Draw the fullness or extra width down to the right width for the girdle and fasten to the little pieces of featherbone indicated in the diagram. Thus shaped the girdle will conform to the waist much better.

Sunshine Furnace

DOUBLE FEED DOORS

Just about the meanest thing a furnace can have is a dinky little door.

Ever have one? Hit the edge as often as the hole? One has to be an expert stoker to shovel coal into some furnaces. If you're not an expert you'll get as much on the floor as in the furnace.

The Sunshine Furnace is equipped with a good, big door. You can put your shovel in and drop the coal just where it is wanted—no trouble, no taking aim, no missing, no scattering or annoyance.

Everything about the Sunshine Furnace is on the same scale of thoughtfulness.

Sold by all enterprising dealers. Write for booklet.

McClary's

London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B., Hamilton.

H. MACAULAY, SOLE AGENT, CHATHAM.

Ramsay's Paints

For Spring Painting.

Whether you are going to "touch up" the woodwork, paint the floors, brighten the porch, or make the whole house fresh and bright as new—get Ramsay's Paints.

There's the right paint—the right tint or color—for every use. Mixed just right—of the right ingredients—to wear right and look right.

63 years of paint making have taught us the right way to mix paints. 63 years in business prove that we mix them right.

Our Booklet tells lots about Paints and Painting worth knowing. We send it free.

A. RAMSAY & SON, - MONTREAL
Paint Makers Since 1842.

For Sale By Jas. A. King, Chatham

DISTRICT DOINGS

FLORENCE.

Strawberries are on the market. Miss Sims, of Chatham, spent Sunday with Miss Lou Webster.

Mrs. McDonald, of Duart, visited her mother, Mrs. Davidson, last week.

Mr. John Young, of Detroit, returned old acquaintances in town last week.

Mrs. L. Thorn, of Los Angeles, Cal., is the guest of Mrs. E. F. Hall and evening. We are sorry to lose Mr.

TWO-PIECE SUITS....

A Two-Piece Suit is a man's best friend on a hot day.

We make them in single and double breasted styles in a big variety of patterns.

Y'all find what you want here at prices you won't get hot over.

Look in and see what we are selling to your order for **\$13.00.**

The T. H. TAYLOR Co., Ltd.

McMullen, but wish him every success in his new charge at Alvinston. Rev. T. Sawyer, as superintendent, and Mr. Dunn, assistant pastor, will take the work here.

Mr. and Mrs. W. J. Robinson, of Dutton, and Mr. and Mrs. Oscar Gardner, of Monroeth, spent Sunday with Mr. A. Banks and wife.

Miss Dobbyn is staying a few weeks with her brother Dolson and family at Wheatley.

The Presbyterian Ladies Aid will give a strawberry tea in Miss Swagston's shop Saturday evening, June 24th. A light lunch will be served. Admission 10 cents.

The marriage of Mr. Leslie C. Fleming, of Medicine Hat, N. W. T., to Miss Ida J. Corbett, daughter of Mr. and Mrs. D. Corbett, took place at their residence here Wednesday noon, June 14th. Rev. John Melniau, of Thamesville, officiated, only the near friends of the parties being present. Mr. and Mrs. Fleming left after an extended trip to Nova Scotia, the groom's former home. They will reside at Medicine Hat.

BEAR LINE.

On Wednesday evening, June 14, a very pretty wedding took place at the residence of Mr. and Mrs. Charles Foy. Their daughter, Drusilla, was united in marriage by Rev. Dr. Brown to James E. Payne, one of Dover's bright and clever farmers.

Friends from far and near were present and the presents were numerous and costly. Mr. and Mrs. Payne will take up their residence on the corner of the Dover and Winter line.

After the marriage ceremony was performed and the people had done well to the inner man at the tables laden so nicely, they spent a pleasant time together on the spacious and beautiful lawn of Mr. Charles Foy. Owing to the very genial disposition of Mr. and Mrs. Foy and the welcome they gave to all the people, are wishing for another wedding in the near future.

Rev. Mr. McMullen preached his farewell sermon here last Sunday evening. We are sorry to lose Mr.

HUFFMAN'S CORNERS.
Mr. and Mrs. A. D. McGuigan, of Alboro, were the guests of Mr. and Mrs. J. W. Huffman, Glenasphy Farm, on Saturday and Sunday.

Rev. and Mrs. Waddell are rejoicing over a daughter.

Mabel Huffman has returned home after a week's visit with friends in Chatham.

Mr. G. W. Remborough was appointed to attend conference at Listowel.

Mrs. Hanes leaves for her home in St. Mary's on 2nd after a four weeks visit with her daughter, Mrs. (Rev.) Waddell.

The crops look fine in this vicinity and the farmers are looking forward to an old time harvest.

Jack Gardner, of Guile, visited his sister Annie on Sunday.

Mr. R. Huffman, of the firm of Ford & Huffman, Blenheim, spent Sunday with relatives here.

Miss Green, trained nurse, of Detroit, whose former home is England, is the guest of her aunt, Mrs. P. Huffman.

J. P. Huffman, fireman on the M. C. R., is home very ill at present.

Mr. Collis was in this neighborhood trying to place a young man.

Few men take the time to think of themselves as others are likely to do.