

GOOD HEALTH AND GOOD SPIRITS

Depend Upon the Condition of the Blood—Keep it Rich, Red and Pure.

When a doctor tells you that you are anaemia, he simply means in plain English, that your blood is weak and watery. But this condition is one that may easily pass into a hopeless decline if prompt steps are not taken to enrich the blood. Poor blood, weak, watery blood is the cause of headaches and backaches, loss of appetite, poor digestion, rheumatism, neuralgia, nervous, irritability and many other troubles. To poor blood is due the pimples and blotches, the muddy complexion that disfigures so many faces. To have good health, a good complexion and a cheerful manner, the blood must be kept rich, red and pure. This is easily done through the use of a blood enriching tonic like Dr. Williams' Pink Pills. The whole mission of this medicine is to help enrich the blood which reaches every nerve and every organ in the body, bringing with it health, strength and new activity. That is why people who occasionally use Dr. Williams' Pink Pills always feel bright, active and strong.

Mrs. E. E. Cook, Simcoe, Ont., gives strong testimony to the value of Dr. Williams' Pink Pills when the blood is in an anaemic condition, she says: "I have been a sufferer for some years from a run down condition of the system. I suffered from pains in the back, twitching of the nerves and muscles, my appetite was poor, I had indigestion and would get drowsy after eating. My hands and feet were almost always cold, and though I was constantly doctoring, the medicine I took did not help me. I had practically given up hope of good health, until a friend from Hamilton came to visit me, and urged me to try Dr. Williams' Pink Pills. It took some persuasion, but finally I consented to try them. I have reason to be grateful that I did, for after using seven boxes I felt like a new person. I have gained in weight, have a better color and my work is now a pleasure. For this condition my thanks are due Dr. Williams' Pink Pills, and I cannot praise them too highly."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

COBB—GRANT

On Friday morning last, September 21st in St. Andrew's Church Newcastle, Charles James Cobb was united in the bonds of holy matrimony to Miss Margaret Alice Grant also of Newcastle. The service was performed by the rector, the Rev. W. J. Bate

SHOULD BE PLANTED IN THE FALL

There is such a rush in the spring to get seed sowing and planting done in good time that anything that can be accomplished in the fall to lessen the work in the spring should be done and particularly where fall planting is preferable.

At the Experimental Farm, Ottawa, it has not been found satisfactory, taking one year with another, to plant trees of any kind in the fall. Exposure to the long, cold winter beginning shortly after transplanting is not favourable to the trees. Any which will be below the snowline, however, have a much better chance, although in soils where there is danger of heaving, late fall planting is unsafe.

When low-growing shrubs and herbaceous plants are planted in the fall, which is a good time, the sooner it is done the better after the soil becomes moist enough to ensure their not dying from lack of moisture as, when set out early, the plants have a chance to take root again before winter and in the case of herbaceous perennials to make some growth.

Raspberries, gooseberries, and currants may be planted successfully in September, and the advantage over spring planting is that if any die they may be replaced in the spring, whereas if planted in the spring it is too late to replace them if they die and a season's growth is lost. If strawberries are planted in the fall they should be planted in September or before to ensure their rooting well and lessening danger from heaving.

As soon as bulbs can be purchased in the stores they should, if desired, be procured and planted at once as the longer time they have in the ground before winter the better the bloom is likely to be in the spring. The bulbs referred to include tulips, narcissus, hyacinths, crocus, squills, and other hardy kinds.

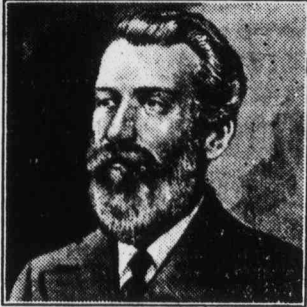
The fall is a good time to plant both rhubarb and asparagus. They may be planted with success any time between now and winter.

Usually there are good results from planting seeds of herbaceous perennials, trees, and shrubs in the fall. The action of the frost, especially on tree and shrub seeds, makes germination easier. When seeds of perennials are planted in the fall it is best to wait until just before winter sets in to make sure that the seed will not germinate before winter as if seed germinates a short time before winter the seedlings are liable to be killed. Seeds of trees and shrubs, however, and especially of fruits, should be planted as soon as ripe so as to prevent their becoming dry. Usually fall planted seeds germinate very early in the spring.

If you have a used article to sell, advertise it in the classified—SOMEBODY WANTS IT.

STOMACH ULCER AND GALL STONES

After Suffering 25 Years, Completely Relieved by "FRUIT-A-TIVES"



MR. EDWARDS
MAPLEHURST FARM, HILLHURST, P.Q.
"I am in my 78th year. About 25 years ago, I began to have trouble with my Stomach. One doctor said I had Cancer; another said, Ulcer of the Stomach; another, Gall Stones; others, Ulcers of the Liver and Inflammation of the Gall Bladder."

Three years ago, I consulted one of the best specialists in Montreal. He said I must go to the hospital, have an Ulcer cut out of my stomach and gall stones removed. I was then 74 years old. I said "NO." Then, I began to take "Fruit-a-tives." I found they helped me a lot, and I still take them occasionally, and I am so much better that my old friends often ask me what I have done to myself to look so well. I am gaining in weight and enjoying life very much."

H. W. EDWARDS.
50c a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

His Tasks Pursue Lloyd George Into Highland Glens

Premier Lloyd George, returning his thanks to a deputation of the Dingwall Town Council, who presented him with the freedom of the burg, said he doubted whether any of those great men recorded in the Dingwall roll, such as Fox, Lord Grey, Gladstone, had "as hard and insistent strenuous tasks as placed in my feeble hand."

It had been labor without ceasing he said. He had tried to find rest in Wales, in England, on the continent, and now he had fled to the Highlands, but his task, he declared, had pursued him even into these remote glens. However, he said, he must go through with it, and if God gave him the strength he would.

"It will take a great deal of getting through, but sometimes when things seem worse they are really much better," he declared. "I know from the touch of things and from the sight of things, comparing them today with a year ago and the year before, that they are gradually getting better."

"If we pull together it will greatly help the world, for, if Britain goes down, I do not know what help there is for Europe. Britain is the mightiest, safest and truest of all lands. I do not see anything that can take its place at the present moment."

He expressed the hope that he would have the time and strength to see that the British Empire got through its troubles and perils, and if it did, he said, the world would be saved.

HARKIN'S ACADEMY

Elsewhere in this issue will be found the first news budget from Harkin's Academy. Arrangements have been made to have a weekly report of happenings at the Academy published in the local newspapers. Editorial and reportorial staffs, out of the students of Grades X and XI, have been formed and each month different students will act in the various departments. The Editor for October is William Ronan and he has a strong staff of subordinates. Principal Barnett has enthused the scholars in this work and they are adapting themselves in a most creditable manner.

The idea will create interest in school matters not only with the scholars but with their parents as well and will give the general public each week an account of the doings at our Public School.

HARKIN'S ACADEMY NEWS BUDGET

William Ronan

Editor

Harkin's Academy Gazette, Newcastle.

Early in the term the High School pupils decided to arrange for a weekly paper, both of our local Editors having promised to help us. The staff was appointed to act for one month and the 29th was the date set for our first edition.

This being our first edition, is not as well composed as would be by an experienced staff, but we will improve in time.

The following items may be found interesting to the public.

The boys of the High School met in Mr. Barnett's room to resume the organization of the Harkin's Academy Athletic Association. Mr. Robert Melrose has consented to instruct the boys in foot ball.

The school although very well equipped we see could be made better by the addition of an instructor in Manual Training and Domestic Science.

A new furnace has been lately installed in the school which is very acceptable by some half frozen pupils.

Many out of town pupils are now enrolled in the higher grades.

Murray Arthur Roy Cliff of Upper Derby has returned to resume his studies in Grade X.

Arthur Jubien, son of the manager of the Royal Bank of Canada, is attending Grade X.

Yorston Benn is a new pupil of Grade XI.

George Champion was absent from school last week attending a hunting expedition.

Mr. Geometry Class attention! Now watch the board. Now go through it.

Wanted—A nap by several pupils in Grade X and XI during roll-call.

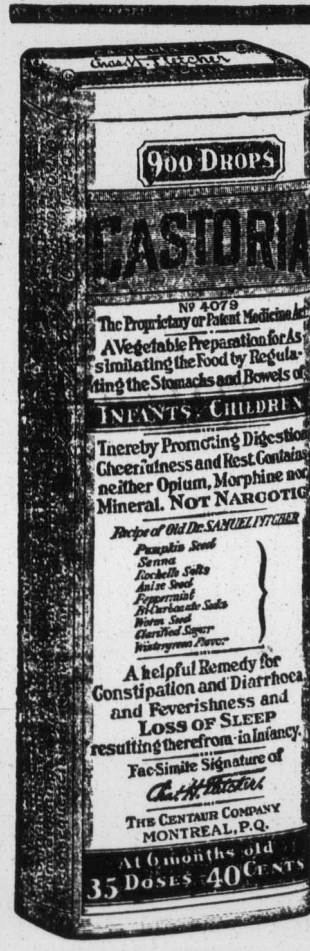
Lost—A number of perfectly good marks somewhere in the high school. Finder will be rewarded.

Wanted—To know the difference between square miles and miles square.

The pupils of Grade X and XI are looking forward to a debate which will be held in Mr. Barnett's room Friday afternoon between teams chosen from those grades. The subject of the debate will be resolved. It is better to be born poor than rich.

DESTROYED BY FIRE

The large new dance hall at Washburn Beach, belonging to Joseph Washburn, was totally destroyed by fire early Friday morning. The



CASTORIA
For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Chas. H. Fletcher

In Use For Over Thirty Years
CASTORIA

origin of the fire is unknown. The partly covered by insurance. Mr. estimated loss including a piano Washburn intends rebuilding the that was in the building is \$1200 hall next spring.

Doc' Zam-Buk
IS Everybody's Friend

He 'tends to your Cuts, Wounds and Sores,—and they heal as by Magic. A wonderful herbal balm he charms away pain, kills dangerous disease germs—and GROWS NEW SKIN.

25c. box, 3 for \$1.25. All Chemists and Dealers.

FOR TRIAL SAMPLE send 1c. stamp to Zam-Buk Co., Toronto. Mention this paper.

BEAVER FLOUR

MAKES BETTER BAKINGS

THE reason why BEAVER FLOUR makes such light, flaky pastry, and such excellent bread, is—it is a blended Flour.

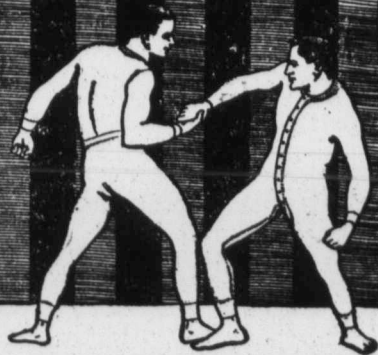
BEAVER FLOUR is a combination of the world-famed Ontario Winter Wheat scientifically blended with enough Western Hard Wheat to give it strength—the resulting product is flour unsurpassed for high quality and richness of flavor.

Try BEAVER FLOUR and note the marked improvement in your bakings.

Sold at your grocer's.

The T. H. TAYLOR CO.
Limited,
CHATHAM, ONT.

STANFIELD'S Unshrinkable UNDERWEAR



"Stands Strenuous Wear"

For warmth, comfort and years of wear, there is no underwear to compare with Stanfield's. Made of the finest wool and rendered unshrinkable by the wonderful Stanfield process this underwear is a comfortable necessity for winter wear.

Made in Combinations and Two-Piece Suits, in full length, knee and elbow length, and sleeveless, for Men and Women. Stanfield's Adjustable Combinations and Sleepers for growing Children (Patented).

Write for free sample book.

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