Steadman, the veteran of Enniskillen, quietly ob-81st birthday on Tuesday ek. Many friends called on

g the day to offer their

laimed a pioneer resident e on Wednesday last in the Wellington Bobier. De-tho was in his 86th year, lice of the peace. He was id by his wife several

Mitchell, a Detroit man,

omobile ran down and kill-

Leyes, a highway employee,

ham several weeks ago, has ed from the use of Ontario

two years by the provincial

tion was held at the home

Cull, Plympton, on Friday honor of the marriage of

ter, Miss Gladys, to Ray Detroit. Guests were there

nia, Detroit, Petrolea and

es. All returned home well

with the evening's enjoy-r wishing the bride and

nappy future life. Mr. and

arris will reside in Detroit.

department.

\*

tions.

# CRIPPLED BY RHEUMATISM

FRIDAY, MARCH 16, 1923

Began to Improve After Taking "Fruit-a-tives"

The Medicine Made From Fruit You can get rid of Rheumatism. You can be free of pain—of swollen

You can be free of pain—of swollenhands and feet—of aching arms, legs
and back.

"Fruit-a-tives" will drive the cause
of Rheumatism out of the system and
give you permanent relief.

"For over three years, I was
confined to bed with Rheumatism.
Finally I decided to try "Fruit-atives". Before using half a box, I
noticed improvement. I continued
taking "Fruit-a-tives" improving all
the time. I can now walk about two
miles and do chores around the place".

ALEX. MUNRO. Lorne. Ont. ALEX. MUNRO, Lorne, Ont. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives

Limited, Ottawa, Ont. Asthma Victims .- The man or roman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J.

Yonge and Charles sts., Toronto.

Open all year

the last sixteen months more than

double our supply. Enter now, par-

ARKONA ROLLER MILLS

Migs the following High Grade Flour

Quality and Prices Right.

ARKONA SPECIAL, Pure Western

PRIDE OF THE WEST, Blended

THE PEERLESS, Pastry BRAN, SHORTS AND

GRAHAM FLOUR

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JANES, Warwick Village

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E. H. STONER, Prop. Arkona

Central Business College

WINTER TERM FROM JAN. 2 🗷 The leading practical training school of Western On-

tario. The school where you

get a thorough course under competent instructors in

Commercial, Shorthand and

Telegraphy Departments. We assist graduates to positions. Write for free cat-

D. A. McLACHLAN,

Principal.

logue.

STRATFORD, ONTARIO

\* \* \* \* \* \* \* \* \* \*

ticulars free.

for our graduates during

W. J. ELLIOTT, Principal

Johnston, a well-known nan of the town of Essex, day morning from injuries d while working in the borne planing mill Monday He and Jack Naylor were Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this board, when in some way nd flew from the saw with e, one piece striking him ck, breaking four of his A HIGH GRADE SCHOOL the spine and puncturing the lungs. ELLIOTT Rusiness College

night have proved a very cident happened to James nsley, on Wednesday, Feb. 1-he accidentally fell from am in the barn to the floor.
ed very well, with the exhis right arm being broken ow and a good shaking up. aken to Victoria hospital underwent an operation on

wedding was solemnized thodist parsonage, Wyomlay afternoon, by Rev. J. en Miss Gladys M. Tull, of ine, Plympton, was united ge to Ray Beatty Fallis of he bride was charming in a sling suit with a hat of ca and wore a corsage roses. After a short honeyat in the east Mr. and Mrs. reside in Detroit.

day March 6, the home of stonehouse, Wyoming, scene of a very pleasing en her stepdaughter, Rosie l in mariage to Mr. Frank of Saskatchewan. The conparties were well-known. shouse being a daughter of the groom the son of the s and Mrs. Middleton of

reparing to retire to his esday night, Wm. R. Dobie, ears, a well-known and es-etired farmer, fell down is home on the Mosa and wnline, near Strathburn, nstantly killed. Dr. Mc-10 was called, found that had sustained a fracture ation of the neck at the e skull \*

the summer months of idlesex county constables 500 automobile speeders they received fees totalling 250. The majority of conere obtained in Westminhip and were registered tomobile owners who were a hurry to reach Port anxious to get home from

m. Atkinson, a highly resident of Plympton Townon Thursday morning af-ness extending over three eceased was born in the f Towie, Aberdeenshire, n 1854 and was the daughnes and Elizabeth Farqueson, who crossed the At-m the old land with the exander while the deceased d in her teens. They first Northumberland Co., then ounty and afterwards came llen where Mrs. Atkinson life with her husband in ing township of Plympton. to mourn her loss her wo sons, Wm. and John of and one daughter, Mrs. F. int, Mich., four brothers, iskillen and one sister, Mrs of Copleston. The funeral from her late residence, mpton, on Saturday afterservices being conducted r. Jones of Wyoming. Inas made in Wyoming ceme-

### SORE SHOULDER

Ill-litting Collars Cause Much Suffering to Horses.

Shoulder Galls Are Developed—Soaking the Collar In Water Helps to Reshape It-Bathe and Dust the Galls—Hessian Fly Control.

(Contributed by Ontario Department of Agriculture, Toronto.)

A collar that does not fit the horse's neck and shoulder perfectly may be the cause of considerable suffering to the animal through soreness, galling, and blistering. Hundreds of horses suffer each year, more especially during the period of warm weather, when the work on the land is pressing.

Poor Collars Cause Shoulder Galls.

Shoulder galls develop largely through the use of collars that do not fit properly, through the draft being too high or too low, through neglect on the part of the driver to keep both collar and shoulder clean. When a teamster develops a blistered heel or a sore toe the necessity of adjust-ment is fully and painfully apparent to him, so he fusses around and adjusts the boot or his toot to set relief for himself. A humane and thoughtful driver will do the same for his horses; but unfortunately there are many drivers who neglect to give their horses all the attention that a working animal is entitled to. Collars may fit the horse's shoulders in the spring when the animal is in good condition, but the shrinkage of flesh due to the hard work of several months may leave the horse with a collar much too large. The collar that is too large or not of the correct shape is bound to cause trouble. Sore neck, sore shoulders or unnecessary pain that may develop viciousness or other bad habits or reduce the efficiency of the horse, should be avoided.

A Horse's Haul Is Done From the

Shoulder. The work that the horse has to perform is done from the shoulder, so it is very important that extreme care be given to the fitting and adjustment of the collar. The new collar is generally so firm and stiff that it is difficult to mould it to the shape of the horse's neck and shoulder without socking it in water over without soaking it in water over nisht. After soaking a collar of the proper size in three inches of water, face down until well wet, it may be placed on the horse. The hame straps should be adjusted to draw the collar snugly to the neck. The collar in its softened condition will press into shape to suit the horse's shoul-der. Be sure of the adjustment of the hames and draft. Work the horse only moderately the first few days while the shoulders are hardening and becoming used to the collar. Frequent airing and bathing to cool the shoulder and remove sweat and dust are very essential in preventing shoulder soreness.

ealing With Mis-shapen Shoulders Horses that have mis-shapen shoul-ders can only be given relief by be-ing fitted with a collar or collar pad made to suit the requirement of a special case. An hour's work on a collar pad with thread and needle in the hands of a humane teamster will save a faithful horse much pain. If your horse is suffering from shoulder galls, adjust the draft or shape the galls, adjust the draft or snape the collar or collar pad so as to remove the pressure of draft from the sore point. The horse's shoulder should be watched during the day when at heavy work, especially during hot weather. Bath with salt water each \* \* \* \* \* \* \* \* \* \* \* evening, and treat the galls with a dusting of zinc oxide. If the horse is so fortunate as to be in the hands is so fortunate as to be in the hands of a good driver or teamster it is not likely to suffer from shoulder trouble very long. Remember, the horse cannot speak and make complaint; it is up to you who are responsible for the horse's welfare to the respins complete that a give the working comfort that a faithful slave is entitled to every day in the week.—L. Stevenson, Sec., Dept. of Agriculture, Toronto.

HESSIAN FLY CONTROL.

Is Found Best Effected by the Late Planting of Fall Wheat.

The late planting of wheat is generally recognized as being the most effective practice in Hessian fly control. Land for wheat should be prepared early, at least six weeks before seeding, in order that a firm seed bed with two inches of loose soil to provide ample covering when the seeding is done. Late in August or early in September narrow strips should be seeded across the field at intervals, these are for the purpose of attracting any Hessian flies that Dept, of Agriculture, Toronto.

SYNOPSIS OF MR. HAGER'S SERMON ON "STEPS UNTO HEAVEN"

Sanctification is the last step from Earth to Heaven. It is the fitting of the individual regenerate life of man into the perfecting plan or purpose of God in the making of His new Heaven and New Earth.

When Jesus commands us to be perfect as our Heavenly Father is perfect He expects us to be as true in our obedience and conformity fo in our obecience and conformer to the will of God as God is true in His devotion to the welfare of man. Just as a vine is perfect that produces branches so the branches are perfect that produces the life of the vine in yielding the fruit of the vine. Paul says that Sanctification is the ad-justment by the God of Peace or Harmony of the whole life of man with himself, his neighbor and his God. His spirit is perfect when he is right with God. His soul is perfect when he is right with his neigh bor and his body is perfect when it does what his spirit and soul require

Jesus sanctified Himself when he took his individual life as a grain of seed and let it fall onto the ground to be broken up in death that He hight share in the life of a full head of wheat as He came forth in the Resurrection. And we are sanctified when we lose our individual life in this fuller life service to which God calls us stewards of the manifold grace of God.

### PERSONALITY

There is something in the human Locked in the human chest, And sages have been hunting it And failing in their quest.

Nor telling what, or whence, it is We cannot fill the gap. The longtitude and latitude, Is not upon the map.

It is not on the market then It never could be sold, "Tis richer far than rubies are, Superior to gold.

And you cannot analyze it 'Tis cruel, and 'tis kind. Invisible to most of us The ego of the mind. It's a gift from our Creator,

Possessed by every one, In the cycle of the ages It's only but begun And although we cannot see it, It's presence we discern And to use it not abuse it

Should be our chief concern. The width of it the breadth of it How could it ever come The height of it, the depth of it, Philosophers are dumb.

We polish it, develop it. And try to keep it whole It's in our hands to manage it The individual soul.

And all our thoughts emit from it, The thoughts creating deeds, Then take the weeds all out of it, And plant the purest seeds. Watford, March, 1923. W. B. Laws

QUESTIONS and Bible Answers If Parents will encourage children to look up and memorize the Bible Answers, it will prove a priceless heritage to them in after years. 

How may we be protected from evil -Psalm 91, 9-10 How can we choose between life and -Romans 8:15 death? What is an abomination to the Lord, and what is his delight?—Prov. 11 How did Judas deliver Jesus into the

hands of the chief priests?
—Matt. 26:47-56 What did Jesus do when the sun was setting? —Luke 4:40 How did Jesus end his great "Sermon on the Mount?" —Matt. 7:24-27 Who is exalted as head above all?

1 Chron. 29:11 What did Jesus say about the light of the world? —John 8:12 What happened to the foolish virgins who had no oil in their lamps?

—Matt. 25:1-13

What did the wise men of the East do when they beheld the young child? —Matt. 2:11 child? —Matt. 2:11
What promise did Jesus make to
those who believe in his works?
—John 14:11,12 What conditions are required for a genuine revival of religion?

Internal parasites in the shape of vorms in the stomach and bowels of children sap their vitality and retard physical development. They keep the child in a constant state of unrest and if not attended to, endanger life. The child can be spared much suffer-ing and the mother much anxiety by using a reliable worm remedy, such as Miller's Worm Powders, which are

sure death to worms. m

Corns are painful growths. Hollo way's Corn Remover will remove

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## Quality and Charm

Distinguish

"The most Delicious Tea you can buy"

WHY MANY WOMEN SUFFER IN SILENCE

Do Not Realize That Their Trouble is Due to Impure Blood

A woman needs a blood building medicine regularly just because she is a woman. From maturity to middle life the health of every woman de-pends upon her blood. If her blood is poor she is weak, languid, pale and nervous. If the blood supply is irreg-ular she suffers from headaches and backaches, and some women have grown to expect this suffering and to bear it in silence. They do not realize that if the blood supply is kept rich and pure, their troubles will dis-appear, but such is the case. In every man's life a tonic blood-enriching medicine is needed and for this purpose nothing can help them so much as Dr. Williams' Pink Pills, which act directly on the blood furnishing the elements necessary to make it rich and pure. Mrs. S.J. Watts, Kingston, Ont., gives her experience with this medicine as follows:—"My first experience with Dr. Williams' Pink Pills was while attending the Collegiate Institute at about the age of seventeen. I became very much run down, and could not go upstairs with out resting halfway. Finally I had to quit school and notwithstanding all that was done for me there were no signs of improvement until after I had begun using Dr. Williams' Pink Pills, under the use of this medicine I became well and strong. My next experience with this medicine was some years after I was married. After my baby boy was born I did not gain up as I should, so I at once started taking Dr. Williams' Pink Pills again. I took them all the time I was nursing baby, and you should have seen what a lovely, fat, healthy boy he was, and I was strong once more. Whenever I feel a bit run down Dr. Williams' Pink Pills are my tonic and I strongly recommend them

to growing girls and all women."
You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont

See our stock of new Wall paper for Spring. The price is much lower and the patterns are very pretty.—

many piles sufferers say that they hardly knew where to put themselves for the agonising, itchy, burning pain. Loss of

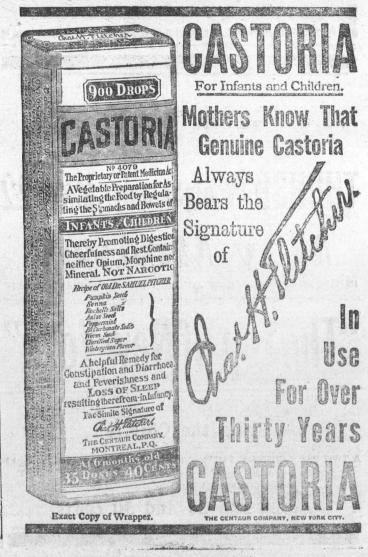
agonising, iteny, burning pain. Loss of blood made others so weak and ill that they despaired of ever being well again.

But inflammation, pain and swelling vanish under the influence of herbal Zam-Buk that is why it is such a fine soothing remedy for ulcers, abscesses, piles, boils, eczema, ringworm, poisoned wounds, burns, scalds, etc.

"I suffered the agonies of piles for a long time," says Mr. Jas. Ruddy, of Killaloe, Ont. "I wasted lots of money on professed 'pile remedies.' But my weakening malady defied everything but Zam-Buk. To my joy, this great herbal healer speedily allayed the itchy, burning irritation. As I kept up the Zam-Buk applications the piles were gradually but completely banished,"



FALL FAIR DATES Wilkesport, September 18. Strathroy, September 17, 18, 19. Indian Reserve, Sept. 19, 20. Watford, September 20, 21. Petrolea, Sept. 24, 25. Sarnia, Sept. 26, 27, 28. Brigden, October 1, 2. Forest, October 2, 3. Wyoming, October 4, 5. Florence, October 4, 5. Thedford, October 4, Γhedford, October 4, 5. Alvinston, October 9, 10, 11



D. Hone

PAINTER AND DECORATOR PAPER HANGING

WATFORD - ONTARI

GOOD WORK PROMPT ATTENTION REASONABLE PRICES ESTIMATES FURNISHED \* \* SATISFACTION GUARANTEED \*

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# TIME TABLE

Trains leave Watford station as follows: