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of Bridge and Crown work. Orthodontia and
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struggle for breath, too familiar
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Remedy. This is the famous remedy
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very severe conditions. It is no un-
fired, experimental preparation, but
one with many years of strong ser-
vice behind it. Buy it from your
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THE TORTURE OF INDIGESTION

Thousands Made Miserable
By This Trouble

"FRUIT-A-TIVES" Relieves It

What is indigestion and what
causes it? As you know, solid food
must be changed into a liquid by the
stomach before it can be taken up as
nourishment by the blood.

The stomach acts as a churn. It is
covered by a strong, muscular coat
and lined with a soft, delicate
membrane which secretes the Gastric
Juice which digests or dissolves solid
food.

When food enters the stomach, the
muscular coat squeezes and presses
the food from end to end, or churns
it, with the gastric juice to dissolve
or digest it.

But—if the stomach muscles are
weak—or if the dissolving fluid is
poor or insufficient—then food cannot
be digested properly and you have
indigestion.

"FRUIT-A-TIVES" is the most wonder-
ful medicine in the world for strengthening
the stomach muscles and providing an
abundance of pure, full-strength dissolving
fluid to completely digest every meal.

"FRUIT-A-TIVES" does this because
it keeps the kidneys active, the bowels
regular and the blood pure, which
insures pure Gastric Juice.

"FRUIT-A-TIVES" will correct
your indigestion or Dyspepsia and
enable you to enjoy every meal.
Try it.

50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by
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RHEUMATISM?

Health is the Most Valuable Asset
You Have. You cannot afford to
Neglect It

Crofton, B. C.—"I was troubled for
years with inflammatory rheumatism
and rheumatic fever. I tried sev-
eral cures for rheumatism, but
did not receive any benefit from
any of them. I had been in the
hospital for months, being un-
able to walk. A friend advised me
to try Dr. Pierce's Anuric Tablets.

After taking the first bottle I began
to improve, and after taking six
bottles I had no more rheumatism.
I think Dr. Pierce's Anuric is the
most wonderful medicine that any
one can take for rheumatism. I
have recommended these tablets to
several of my friends and they, too,
have all been benefited by them."

Melville Collinson.

People are realizing that the kid-
neys, just as do the bowels, need to
be flushed occasionally. The kid-
neys are an eliminative organ and
are constantly working, separating
the poisons from the blood. Uric
acid backs up into the system, caus-
ing rheumatism, neuralgia, dropsy
and many other serious disturbances.

This can be avoided by stimulating
the kidneys to increased action, and
because of its tonic effect on these
organs any one would do well to get
Dr. Pierce's Anuric Tablets which are
to be had nowadays at almost any
drug store or send 10c to Dr. Pierce's
Laboratory in Bridgeburg, Ont., for
trial package and write for free, con-
fidential medical advice.

CHANDRY FARM

Shorthorn Cattle, Lincoln Sheep

Silver Grey Dorkings

Black Leghorns

An extra good "Roan Lady"

pure bred herd and priced

right, also 1 ram 3 years old,

4 shearings, and a number of

lambs, both sexes. Now is the

time to invest in a few sheep.

Can spare a few nice cockerels.

ED. DE GEX

KERWOOD ONTARIO

A Corrector of Pulmonary troubles

Many testimonials could be pre-
sented showing the great efficacy of
Dr. Thomas' Electric Oil in curing
disorders of the respiratory processes
but the best testimonial is experience
and the Oil is recommended to all
who suffer from these disorders with
the certainty that they will find re-
lief. It will allay inflammation in the
bronchial tubes.

LOOK AT YOUR LABEL

How does your Subscription stand?

THE LATE WM. VANCE OF THAMESVILLE

Reeve John Vance of Thamesville
on Monday received a telegram from
Vancouver telling of the death of his
eldest brother, Mr. William Vance
in the western city. Death was due
to heart trouble, from which decessed
had suffered for some time. The
late Mr. Vance, who was 67 years of
age, was born in Durham county, in
the Lindsay district, and at the age
of 1 1/2 years came to Bosanquet
township in Lambton with his par-
ents, and in 1872 moved to Camden
township, where he resided until 16
years ago, when he left these parts
for the west, settling in Alberta. He
gave up farming in Alberta last year
and went to British Columbia, locat-
ing in Vancouver, where he resided
at the time of his death. His wife
predeceased him some seventeen
years ago, one son, William, of Van-
couver, surviving. The death of Mr.
Vance is the fourth in the Vance
family within the past 18 months, his
mother and two brothers, James and
Robert, having passed away during
that time. Deceased leaves three
brothers and two sisters to mourn his
loss viz.: John and Taylor of Thames-
ville; Johnston of Inwood; Mrs. Dan-
iel Buchanan of Zone township, and
Mrs. Henry Hare of Forest. The re-
mains will be brought east for burial,
but as yet the funeral arrangements
have not been completed.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears
the
Signature of *Chas. H. Hitchcock*

A NEW CHEESE ORIGINATED
AT THE CENTRAL EXPERI-
MENTAL FARM, OTTAWA

A new, medium high flavour
cheese has been originated by the
Animal Husbandry Division of the
Dominion Experimental Farms Sys-
tem. It is called "Meilleur Cheese,"
or "Le fromage Meilleur," and is
being manufactured at the Central
Experimental Farm, Ottawa. The
process of manufacture is, briefly,
as follows:—

The milk is heated to a tempera-
ture of 90 degrees F. when it is
renneted and cut. The curds are
then cooked at a temperature of 115
degrees F., and afterwards moulded
and pressed, in one and three
pound sizes, ready for the curing
room. The process of curing is one
of the most important features in
the successful manufacture of this
high class product.

This new cheese possesses a very
pleasing and delicate flavour with no
objectionable odor, and has been
pronounced a very superior product
by the numerous experts and con-
noisseurs by whom it has been tried.
It is a distinct and valuable acqui-
sition to the cheese industry and the
present indications are that it will
meet with a very popular demand.

DECEMBER 1921

Hail old December take your staff
Your steps are shortened about half,
Your weary limbs have done their
share

And frost, and snow, are in the air,
And yet this month we can't despise
The other months have left us wise

What we've compressed, December's
gales
Will rig our craft, and fill our sails.
The other months we've been to
school

The cranium is nearly full,
And supplemented we have here
The sweetest season of the year.

Friends near and far, from other
zones

Come to enrich, our happy homes,
Before we know what we're about
Our heart, and purse strings, open
out

In other months we sulk a bit
And now and then a stingy fit.
But old December keeps us young
It swells our heart, and tames our
tongue,

If we could listen as we should
December tells us to be good.
The year is dying, and we sigh,
Let every evil with it die,

Our foibles, follies, which we know
Be buried in December's snow,
And every grudge, and bitter breath
With malice, hatred, choke to death,

Then old December's hoary hairs,
Will make us fit to say our prayers.

—W. E. LAWS.

ASTHMA USE

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NO Smoking—No Spraying—No Snuff

Just Swallow a Capsule

RAZ-MAH is Guaranteed

to restore normal breathing, stop mucus

gathering in the bronchial tubes, give

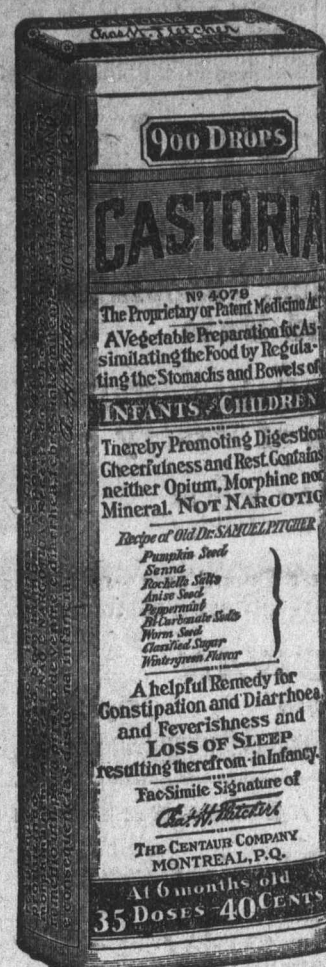
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Use
For Over
Thirty Years
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Christmas
Gift
For Your Friends
And
An
Investment
For Yourself

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The most reliable farm and home paper in Canada.
Our own 200 acre experimental farm and constant
travelling among farmers keeps our editors in close
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Advocate" is owned, published and edited by farmers.
Each member of the family will be interested in some department
and all will enjoy our serial stories.

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subscription will start with our splendid Xmas number.

The William Weld Co., London, Ontario

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as fol-
lows:—

GOING WEST

Accommodation, 11.11... 8.44 a.m.

Chicago Express, 17.... 12.47 p.m.

Detroit Express, 83.... 6.48 p.m.

(a) Express, 5.... 9.11 p.m.

(c) Express, 15.... 10.10 p.m.

GOING EAST

Ontario Limited, 80.... 7.43 a.m.

Chicago Express, 6.... 11.16 a.m.

Accommodation, 110.... 2.28 p.m.

(a) Express, 112.... 5.38 p.m.

(c) Express, 114.... 10.10 p.m.

Stops to let off passengers
from Toronto, Hamilton and east.

Stops to let on passengers
at Kingston and east.

C. W. VALE, Agent, Watford

It has Many Qualities.—The man

who possesses a bottle of Dr. Thomas'

Electric Oil is armed against many

ills. It will relieve a cough, break a

cold, prevent sore throat; it will re-

duce the swelling from a sprain, re-

lieve the most persistent sores and

will speedily heal cuts and contusions.

It is a medicine chest in itself, and

can be got for a quarter of a dol-

lar.

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any good reason you

should not patronize

your own home goods?

Remember you are part

of the business of this

town, when you help

develop this business

you help the town.

Our bread is always

good and full weight.

8c

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Lovell's

Bakery and Confectionery

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are interested in; the current history

of your native town; it is all in Your

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