

## Don't Worry

about your digestive troubles, sick headache, tired feeling or constipation. The depression that induces worry is probably due to a disordered liver, anyway. Correct stomach ailments at once by promptly taking

## BEECHAM'S PILLS

They aid digestion, regulate the bile, gently stimulate the liver, purify the blood and clear the bowels of all waste matter. Safe, sure, speedy. Acting both as a gentle laxative and a tonic, Beecham's Pills help to

## Right The Wrong

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25 cents.

## HOUSE-CLEANING FOR THE COW PAYS

Before the dairy cow is taken from the pasture, the barn should be thoroughly and systematically cleaned. All cowbays should be brushed down and the walls and ceiling should be whitewashed or painted some light color. Either whitewash or paint will give a clean surface and make the whole stable look lighter and brighter. It might be well, too, to put in a few extra windows.

The dairy cow has the freedom of the pasture and the fresh air of the fields for the last five months; she has practically maintained herself and produced milk upon succulent feed; she will soon be returned to the barn where she will spend the greater part of each day. It should be the aim of every keeper to see to it that his cows are housed as comfortably as possible and provided with a good quantity and variety of pal-

## SYNOPSIS OF CANADIAN NORTH WEST LAND REGULATIONS

THE sole head of a family, or any male over 18 years of age, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. Applicants must appear in person at the Dominion Lands Agency or Sub-Agency for the District. Entry of a survey may be made at the Dominion Lands Agency (but not Sub-Agency) on certain conditions.

Duties—Six months residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 20 acres, on certain conditions. A habitable house is required except where residence is performed in the vicinity.

In certain districts a homesteader is good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre.

Duties—Six months residence in each of three years after earning homestead patent; also 50 acres extra cultivation. Pre-emption patent may be obtained as soon as homestead patent, on certain conditions.

A settler who has exhausted his homestead right may take a purchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate 50 acres and erect a house worth \$200.

The area of cultivation is subject to reduction in case of rough, scrubby or stony land. Live stock may be substituted for cultivation under certain conditions.

W. W. CORY, C.G.M., Deputy of the Minister of the Interior. NB.—Unauthorized publication of this advertisement will not be paid for.—4414

## C. O. Learn

REAL ESTATE BULLETIN

For Sale or Exchange—\$2,500 will purchase 100 acres of land within two miles of Calton. Good barn, small orchard, 65 acres cleared, well watered; would make a good stock farm. Will exchange for small farm near Aylmer. Apply to C. O. Learn, Aylmer, Ont.

For Sale—100 acres, N. & Lot 12, Con. 4, Bayham; soil sandy and clay loam; fair farm buildings; good orchard; convenient to church, school, and village; a very fair farm for the small sum of \$3,500.—Apply to C. O. Learn, Aylmer, Ont.

For Sale—Three modern houses two minutes walk from Post Office. An investment. Apply to C. O. Learn, Aylmer.

For Sale—100 acres, parts of Lots 5 and 6, Concession 4, Bayham. Large cherry orchard, 225 trees; large hip roof barn; 9-room House, and other outbuildings. This is a good productive farm, and is offered at a bargain, as the proprietor has purchased a larger farm.—Apply to C. O. Learn, Aylmer, Ont.

For Sale—35 acres of Choice Land, suitable for Market Gardening, half-mile from New Sarum; fair buildings, good orchard, 4 acres of timber. The price is right.—Apply to C. O. Learn, Aylmer, Ont.

## BEGINNING IN A SMALL WAY.

"Yes, I know just how you feel, and how it seems that all you learned at business college is of little avail in the particular office and doing the special work to which you have been assigned," and the experienced business woman who was in charge of many employees gave an understanding smile to the beginner who had come to her for comfort after her first week in an office.

"I remember very well," she said, with a reminiscent smile, "my first weeks in an office. I had the usual picture before me of stepping from business college into the office of a bank president. I can recall it all now. I was to be private secretary to the great man, and was to have a perfectly equipped little office of my own adjoining his larger one. The room was to have deep rich rugs and artistic furnishings and a muffled buzzer was to be my summons to come to my employer, with whom I was quite sure I would be frequently asked to confer on matters of importance. I think that I had heard something about the value of women's intuition and I was quite positive that I had a good deal of it. I was to work from nine until four, with an unrestricted noon period. You can quite fill in the rest of the picture yourself, can't you?"

The girl nodded, and the other woman continued, "Now, you need not be disheartened by what followed. I went to work as stenographer, not a private secretary, to the credit man of a large manufacturing company. They made varnish, and the business offices were in connection with the factory. I was one of 30 other girls, and we were all in one room. I worked from eight until six, with 45 minutes off at noon. I carried my lunch and seldom went out of the building, but worked unceasingly from the time I sat down to my typewriter until I left at night. But I am as grateful as I can be for every bit of what then seemed hardship. I know that you will hear frequently, during these first days of yours, it is experience that counts, and it is. But there are many little things the knowledge of which will do much towards making your work go smoothly. Maybe you have heard them all before, perhaps they are decidedly true, but I am going to talk to you about them anyway.

"To begin with, what do you do when you first get to your desk? I'll be willing to wager that you have to clean up your desk first, then find your notebook, sharpen a pencil or two, and—"

"Oh, I don't even get that far," was the rejoinder. "I always start out to do that, and before I am nearly ready Mr. B. begins to dictate. Sometimes I do not even have time to get my notebook; I just take a piece of paper."

The older woman nodded. "This Saturday. Now on Monday morning go down early enough to get it all done before your employer arrives, or before you are really due to begin your work. Then Monday night, no matter how eager you may be to leave promptly, clear your desk and put your papers away, at least out of sight, if you prefer to take some other time to file them. Turn over all the pages of your notebook which you have used and put an elastic band around them, date the clean page, and have ready two or more sharpened pencils. Clean your typewriter, if it is not attended to for you, at the end of the day's work. Have your paper, envelopes, carbon sheets, scratch pad, calendar, and all the other articles that you use in order—just the order that seems best to you. No two of us arrange a desk alike, but begin your desk arrangement with a willingness to change your methods if you find a better way. There is something more than the waste of time in the other way of doing and you will find that, when you arrive at a desk knowing that everything is in its place and that you are equipped for the day's work, that knowledge will give you a poise and readiness which will aid your employer quite as much as it will mean confidence to you."

atable feed that will nourish her abundantly and help her produce an even bowl of milk.

The right kind of a cow will repay with interest every cent invested for her comfort—for warmth, light, ventilation and feed. If she is not comfortably housed her returns will be cut down in proportion to her discomfort.

"Get a spoon Freddie. Mother has something for you."

"A big spoon or a little spoon?"

"What difference does it make?"

"Makes a heap of difference. Is it medicine you got or ice cream?"

After a girl marries she loses interest in curly papers and fairy stories.

## WIFE TOO ILL TO WORK

IN BED MOST OF TIME

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.

Indianapolis, Indiana.—"My health was so poor and my constitution so run down that I could not work. I was thin, pale and weak, weighed but 109 pounds and was in bed most of the time. I began taking Lydia E. Pinkham's Vegetable Compound and five months later I weighed 133 pounds. I do all the house-

work and washing for eleven and I can truthfully say Lydia E. Pinkham's Vegetable Compound has been a godsend to me for I would have been in my grave today but for it. I would tell all women suffering as I was to try your valuable remedy."—Mrs. Wm. GREEN, 332 S. Addison Street, Indianapolis, Indiana.

There is hardly a neighborhood in this country where some woman has not found health by using this good old-fashioned root and herb remedy.

If there is anything about which you would like special advice, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

## THE SERIOUS PAPER SITUATION

(Orangeville Sun.)

Every week makes it clearer that the newspaper business is in the midst of a crisis, and those engaged in that occupation are almost at a loss to know where they are at. Never a money-making business at its best, the tremendous increase in the cost of production is making publishers think as they never thought before. As a matter of fact, after a little serious thought, some have quietly stepped out of the business. A couple of weeks ago the Hillsboro Beaver yielded up the journalistic ghost and quietly slid into the newspaper limbo. Many weeklies have increased their subscription price 50 per cent, others have reduced the size of their papers in an attempt to cope with modern conditions. The country papers are perhaps the hardest hit. Their revenue is limited and their expenses are greatly increasing. It appears to us that in future there will be fewer and better papers.

## SIGNALLER MITCHELL KILLED ON SOMME

Son of Mr. and Mrs. Alex. Mitchell, of Maple Grove, Enlisted in Winnipeg.

Mr. and Mrs. Alex. Mitchell, of Maple Grove received word on Friday last that their son, Signaller Ephraim D. Mitchell, had been killed in action on the Somme front on September 15th last. Signaller Mitchell enlisted in Winnipeg with the 5th Artillery Brigade and went to England some months ago. Previous to enlisting he was travelling salesman for the Swift Canadian Co., and was doing well. He had been in France since June, and while in England was very ill with diphtheria. He was 20 years of age and besides his parents is survived by 4 sisters: Mrs. Hatch, of Saskatchewan; Mrs. Lee Bowes, Bayham; Mrs. Ed. Mitchell, Yarmouth and Miss Bertie, of Copenhagen; also one brother, Stanley Mitchell, of Maple Grove.

## CALTON SCHOOL REPORT

For the month of September. Names in order of merit.

Class IV—Hazel Kennedy, Estes James; Wilfrid Chalk, Elta McQuiggan.

Class III—Nellie McQuiggan, Robbie Kennedy, Clarence Chiverton.

Class II—Audry Kennedy, Bernice Chalk, Helen Chiverton, Salathiel McQuiggan.

Class I—Marie Timpany, Nettie McQuiggan, Norma Ferguson, Clarence Dinwoodie, Glen Dell.

Primary A—Nettie Mitchell, Alice Wallis, Velma McQuiggan, Bert Ferguson, York Chiverton, Percy Wallis.

Primary B—Blanche Baldwin, Bruce Bain, Olive Dinwoodie, Jean Ferguson.

Primary C—Willoughby Dell, Ruby Herries, Louis McQuiggan, Murray Timpany.

N. Harris, Teacher.

## Children Cry FOR FLETCHER'S CASTORIA

## Corp. SWADLING ANXIOUS TO GET TO FRANCE

Mentions Seeing Verne Mitchell and Billy Butcher, Two Aylmer Boys in England.

Mr. T. L. Barracott, of the Aylmer Express, has received the following interesting letter from Corporal Geo. Swadling, of Aylmer, who is with the 36th Battalion at West Sandling, Kent, England:

Dear Tom:— Having noticed that occasionally you hear from some of our Aylmer boys here in England, I thought perhaps a line or two from me might be in season, and I hope I may prove interesting. I am still here in England and am still stationed at West Sandling, although as you will probably notice, with a different Battalion as my original one is now no more. There are only about sixty of the 36th left; the rest of them being in France; so they have adopted the rest of us into the 36th Battalion. It seems to be a great pity the way they break up the Battalions as soon as they arrive here, and draft them into other Battalions. The 91st, for instance: some of them are in the 36th, 30th and some in the 12th, although I believe they are all here at West Sandling for I frequently meet some of the Aylmer boys in the Y.M.C.A. hut and sometimes on parade. The other day we had a brigade route march to Dinchurch, which is about seven miles away. When we got there we were allowed to go into the sea and there with his head bobbing up and down like the periscope of a submarine, I saw Verne Mitchell, apparently enjoying himself immensely. We get quite a lot of sea bathing as we have to parade every Wednesday and Saturday morning at 5.45 and march to Hythe, which is three miles from here, and then into the sea we have to go. Sometimes it is very nice and sometimes it is very cold; but I think it must do us a great deal of good and helps to keep us fit.

We have been having lovely hot weather for the last two or three weeks, but it terminated suddenly the day before yesterday, when we had two days of pouring rain, but it is now getting fine again, although much cooler. I think those two wet days have scared our doctors for they are now going round with their hypodermic needles inoculating everybody. I have escaped so far but think they will get me before long. I understand it is a preventative against spinal meningitis, which I think was very prevalent with the first contingent.

I went over to the Y.M.C.A. last night and you can imagine my surprise when I ran right into Billy Butcher, looking as fit as a fiddle. He is now attached to the Army Service Corps at Shorncliffe, but I don't know if he is there permanently or not. It seems a pity the way they send men back to France, after having been wounded two and three times, while there are hundreds of sergeants, corporals, etc., around here who want to go, but they won't allow them to revert, and they won't send them holding their rank. It certainly does not seem just right.

Now I am afraid I must proceed to close as there is a concert over at the Y.M.C.A. given by a party from London and I want to go. Hoping you will remember me to all friends around Aylmer. With best wishes to yourself.

Yours sincerely, George.

No warping or cracking is possible with our secret process semi-steel fire-box linings. Being in five pieces, they are easily removed or replaced without bolts or cement.

## McClary's Pandora Range

Before you invest in a new range let me show you the Pandora's sensible ideas for saving time and labor.

Sold by E. MILLER

## ANNUAL REPORT AYLMER RED CROSS SOCIETY

Total shipment for the year: 939 pairs socks, 141 day shirts, 94 helpless shirts, 149 hospital shirts, 309 suits pyjamas, 8 bed jackets, 150 sheets, 515 pillow slips, 639 towels, 343 handkerchiefs, 5 knee caps, 2 girdles, 12 pillows, 5 pr. bed socks, 55 hot water bottle covers, 7 quilts, 36 prs. wristlets, 12 mattress covers, 798 wash cloths, 30 kit bags, 3 bbls. fruit, 36 ties, 18 News from Home, 2813 surgical pads, 2220 bandages, 340 compresses, 19 abd. binders, 67 fomentation wringers, box soap and old linen.

Financial Statement  
Total receipts for year \$1989.97  
Disbursements 1708.92  
Balance on hand \$281.05

## WABASH

Trains on the Wabash leave Aylmer as follows:

EAST BOUND

NO. 2-123 p.m.—Solid vestibuled train to Simcoe, Buffalo, New York and Boston.

NO. 36-335 a.m.—Way Freight.

WEST BOUND

NO. 3-1116 a.m.—Fast Express for Detroit, Chicago and St. Louis.

NO. 35-147 p.m.—Way Freight.

The Wabash is the shortest and best line from Aylmer to Chicago and St. Louis and all points west and southwest.

J. A. RICHARDSON S.F. BALL, Dist. Pass. Agent, Depot Agent, Toronto & St. Thomas, Aylmer, Ont.

## Children Cry FOR FLETCHER'S CASTORIA

## WHO Is Going to Control Sales of the Carola In Your Territory?



The demand is here and must be supplied. We help you with our big advertising campaign. People are enthused over this musical innovation. Sales possibilities are immense. Our arrangements are liberal. You must act promptly as territory is being rapidly taken up. Write or wire.

## Carola COMPANY OF CANADA

59 Yonge Street TORONTO

The Nightingale of Phonographs