

# ONE 50c BOX BROUGHT HEALTH

## Years of Constipation Ended By "Fruit-a-lives"

**The Wonderful Fruit Medicine**  
 Anyone who suffers with miserable health; who is tortured with Headaches and who is unable to get any real pleasure out of life; will be interested in this letter of Mrs. Martha de Wolfe of East Ship Harbor, N.S.

Mrs. de Wolfe says, "For years I was a dreadful sufferer from Constipation and Headaches and I was miserable in every way. Nothing in the way of medicine seemed to help me. Then I tried 'Fruit-a-lives' and the effect was splendid; and after taking only one box, I was completely relieved and now feel like a new person."

Box, a box, 6 for \$2.50, trial size 25c. At dealer or from Fruit-a-lives Limited, Ottawa, Ont.

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 Yonge and Charles sts., Toronto.

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**Asthma Victims**—The man or woman 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. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land.

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**CANADIAN NATIONAL RAILWAYS**

TIME TABLE

Trains leave Watford station as follows:

**GOING WEST**

Accommodation, 111.....8.42 a.m.  
 Chicago Express, 17.....12.40 p.m.  
 Detroit Express, 83.....6.51 p.m.  
 (a) Chicago Express.....9.11 p.m.

**GOING EAST**

Ontario Limited, 80.....7.48 a.m.  
 Chicago Express, 6.....11.22 a.m.  
 Express.....2.50 p.m.  
 Accommodation, 112.....5.38 p.m.  
 (a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

C. W. VAIL, Agent, Watford.

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### WHERE GAMEY TROUT ABOUT

The Nipigon River that flows southward into Lake Superior in one magnificent cataract after another, is one of the most famous trout streams on the continent.

The angler who has never flipped a fly over these white waters and landed one of Nipigon's gamey beauties has the sport of a lifetime in store for him.

From Nipigon Lodge—a rustic hunting and fishing lodge de luxe, built among pines and cedars on the shore of Orient Bay, the angler may set out on a dozen interesting trips in motor boat or canoe over Lake Nipigon's crystal waters. He may make the exciting trip down Nipigon River, shooting treacherous rapids, below which the green and red beauties leap, or he may loiter through the forest casting his line in chosen pools, hoping his catch may bring him the coveted Nipigon Trophy. This trophy is annually awarded by Canadian National Railways to the angler catching the largest true speckled trout in the Nipigon waters.

Full information and illustrated folder may be procured from any agent of Canadian National Railways.

**FALL FAIR DATES**

Wilkesport, September 18.  
 Strathroy, September 17, 18, 19.  
 Indian Reserve, Sept. 19, 20.  
 Watford, September 20, 21.  
 Petrolia, Sept. 24, 25.  
 Sarnia, Sept. 26, 27, 28.  
 Brigidon, October 1, 2.  
 Forest, October 2, 3.  
 Wyoming, October 4, 5.  
 Florence, October 4, 5.  
 Theford, October 4, 5.  
 Alvinston, October 9, 10, 11.

### SYMPTOMS OF DEBILITY

**How to Tell Whether Your Blood Needs Revitalizing**

The symptoms of general debility vary according to the cause, but weakness is always present, a tendency to perspire and fatigue easily, ringing in the ears, sometimes black spots passing before the eyes, weak back, vertigo, wakefulness caused by inability to stop thinking and unrefreshing sleep. The cause of the trouble may be some drain on the system, or it may be mental or physical overwork, sometimes insufficient nutrition due to digestive disturbance.

If you have any or all of these symptoms try building up the blood with Dr. Williams' Pink Pills, and as the new blood courses through your veins there should be an increase in your appetites, a better digestion and soon a renewal of strength and vigor.

You can get these pills through any dealer in medicine, or by mail, postpaid, at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**MURINE**  
 For Your EYES  
 Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye Care Book

**CASTORIA**  
 For Infants and Children  
 In Use For Over 30 Years

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

### AMBITION

It is nice to be favored and honored. And reckoned as one of the best. But when you are corral'd and cornered. You soon will be seeking a rest.

So seek not the high sounding places. Altho' it is sweet to be such. Unless you're abounding in graces. You cannot amount unto much.

Where Providence placed you so kindly. Tho' humble yet fill it just right. Earnestly, humbly, not blindly. As if the whole world was in sight.

I would not despise our ambition. Nor listless, and indolent sit. But always remember position. Usually finds one that is fit.

And when we've accepted the office. Then try to keep self away under. For when self is pampered I notice. 'Tis then we are sure for to blunder.

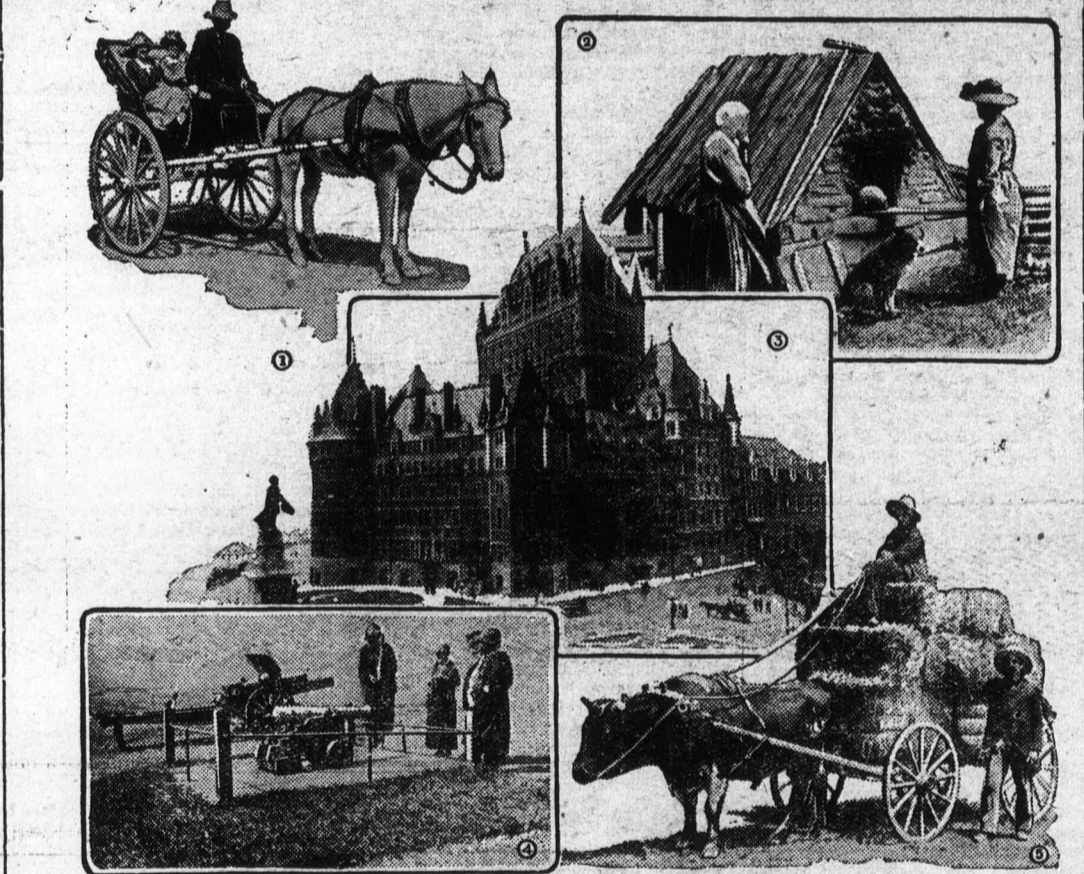
Sometimes we are jilted and sadder. The best are not all at the top. But down at the foot of the ladder. The trustiest holding the rope.

The finest ambition is simple. The way of the meekest of meek. 'Tis charming and smiles with a dimple. And Moses-like has no conceit.

Watford, Sept. 1. W. B. LAWS

**Asthma No Longer Dreaded.** The dread of renewed attacks from asthma has no hold upon those who have learned to rely upon Dr. J. D. Kellogg's Asthma Remedy. So safe do they feel that complete reliance is placed on this true specific with the certainty that it will always do all that its makers claim. If you have not yet learned how safe you are with this preparation at hand get it today and know for yourself.

## Quebec, the Old World Province



1. The Calèche, a means of conveyance much favoured by visitors to Quebec.  
 2. An old brick oven, the like of which was used in France four centuries ago.  
 3. Chateau Frontenac, Quebec, the most modern hostelry on the continent, from a glorious height looks down on old Quebec and on the early battle fields.  
 4. Ancient and modern. The little cannon captured by the British at Bunker Hill, rests near the Quebec Citadel by the side of a howitzer which fell to the Canadians in the Great War.  
 5. Though their farms are modern, some farmers still use the ox as beast of burden in the back country.

THESE are just a few pictures taken in Quebec. It is not without reason that this province is becoming the tourist resort of the continent, for here is a country of utmost fascination and intrigue. Quebec has an atmosphere all its own and, if it can be said, more of an old-world atmosphere than has the old-world of today. Quebec is the eighteenth century keeping pace with the twentieth, yet retaining its identity.

One stops at little wayside shrines. The wooden cross, the patron saint in effigy, the nurtured flowers, the woman at her distaff, the white-walled houses close at hand transport you to the distant land from whence the original settlers came. Yet, over there, beyond that little hedge or cedar fence the farmer gathers in his crop with up-to-date machinery, and stores it in a modern barn. Behind, the hum of the telegraph wire reminds you that you are not living in a by-gone day and, if that is not enough, through the not too distant fields, a huge train thunders.

Near the white walls the lady of the house draws water from the old-fashioned well, and bakes her bread in an old brick oven, the like of which was used by her ancestors in France four centuries ago. She spins her own wool and shares with her husband a faith, which though not old-fashioned, is almost as old as the Christian era. A kindly hospitable soul is she, nor is she always backward in learning, for she probably attended the convent of the Ursulines at Quebec, or la petite école at Louisville. And her husband—He may be content to wear the homespun; to sit around the fire, or on the threshold at night, to smoke his "Rouge Queen"; and to drive five miles to church early on all holidays in his buggy or in the straw lined cart that is used about the farm, but he "knows his letters" and, better still, he knows how to farm.

The Quebec farm is usually up-to-date. Your "habitant" gets all that can be got from the soil, and if you sit with him and talk you will see that he gets the

## MRS. DAVIS NERVOUS WRECK

### Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound



Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do any work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Coubourg, Ont. This book contains valuable information.

**JAMES NEWELL, P.H.B., M.D., L.R.C.P. & S., M.B.M.A., England.** Coroner County of Lambton, Watford, Ont. Office—Corner Main and Front Sts. Residence—Front st., one block east of Main st.

**C. W. SAVERS, M.D.,** Phone 13. Watford, Ontario. Office—Main st. Residence—Ontario st., east. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

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