

ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until He Tried "FRUIT-A-TIVES".



MR. JAS. S. DELGATY.

R.R. No. 4, Gilbert Plains, Man.
"In the year 1910, I had *Nervous Prostration* in its worst form; was reduced in weight from 170 pounds to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives".

I began to mend almost at once; and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health.

I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of 'Fruit-a-tives' in the house".

JAS. S. DELGATY.

50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

INSURANCE

J. H. HUME.

AGENT FOR
FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.

Representing
Five Old and Reliable Fire Insurance Companies.
If you want your property insured, call on J. H. HUME and get his rates.

—ALSO AGENT FOR—

P. R. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent for C. P. R.—Ticket to all points in Manitoba, Northwest and British Columbia

THE LAMBTON

Farmers' Mutual Fire Insurance Company.

(Established in 1875)

JOHN W. KINGSTON, PRESIDENT
JAMES SMITH, VICE-PRESIDENT
ALBERT C. MINIELLY, DIRECTOR
THOMAS LITHGOW, DIRECTOR
GUILFORD BUTLER, DIRECTOR
JOHN PETER MCVICAR, DIRECTOR
JOHN COWAN K. C., SOLICITOR
J. F. ELLIOT, FIRE INSPECTOR
ROBERT J. WHITE, FIRE INSPECTOR
ALEX. JAMIESON, AUDITORS
P. J. MCWEEN, AUDITORS
W. G. WILLOUGHBY, MANAGER AND
WATFORD, SEC. TREASURER
PETER McPHEDRAN, Wanstead P. O.
Agent for Warwick and Plympton.

A. D. HONE

Painter and Decorator
Paper Hanging

WATFORD - ONTARIO

GOOD WORK

PROMPT ATTENTION

REASONABLE PRICES

SATISFACTION GUARANTEED

ESTIMATES FURNISHED

RESIDENCE—ST. CLAIR STREET

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford Station as follows:

GOING WEST

Accommodation, 75.....8 44 a.m.

Chicago Express, 13.....1 16 p.m.

Accommodation, 95.....6 44 p.m.

GOING EAST

Accommodation, 80.....7 38 a.m.

New York Express, 6.....11 16 a.m.

New York Express, 18.....2 58 p.m.

Accommodation, 112.....5 16 p.m.

—E. Van Agent, Watford

THE ORIGINAL AMERICANS.

Facts About the Strong Women of the North.

The original Americans of the far north are brown instead of red and are not Indians. Their name Eskimos—which they dislike—means "eaters of raw fish." But they haven't been driven yet to change their name by cooking the fish.

The Eskimo woman could easily put forth a good excuse for not cooking all the food her family eats, because she has so many other things to do.

After she has helped build the igloo, she takes her place beside her husband in fishing. This means going out and chopping a hole in the frozen ocean and keeping it open by swishing around a reindeer horn ladle with one hand while holding a line baited with red flannel with the other.

When the family wants a change of diet or some new clothes, she goes out to help hunt seal, walrus, whales, deer and caribou.

She may be physically stronger than her modern American sisters, but she has the same love of adornment and wears over her fur parka or coat a bright calico protecting shirt often decorated with fancy patchwork borders.

When she joins the polar bear hunt, however, she must wear white—white drill trousers over the fur ones that both men and women wear, and white snow shirts to match the landscape and the sky.

But the Eskimo woman's chief adornments are half-chewed-down teeth which she gains in this fashion: When she has come in from a day's hunt and crawled through the various doorways of her igloo, each made smaller than the one outside to keep out as much cold air as possible, and cooked her family a dinner and put the baby and any stray orphans that may have elected her house as a home, to bed on the shelf that makes the igloos upstairs, she sits down by the light of the seal oil lamp and chews leather to make boot soles turn back over the foot so the top can be sewed on. The more the women chew, the further down their teeth are worn and the more beautiful they become in the sight of Eskimo society.

There is no suffrage question among the Eskimo—the women own the igloo with the man and has equal voice in the council meetings.

And there are no vexatious questions about property rights to settle, because besides the igloo and personal belongings there is no property. The Eskimos cannot conceive of land as belonging to any one person. When told how it is held as private property in other parts of Canada they showed great surprise, and one old man asked if the white men also divided the oceans in the same way. —World Outlook.

Isolation of French-Canadians.

The phenomenon of all most striking, it may again be repeated, is that the French-Canadian, whether the illiterate peasant or the man of education, has no passionate attachment for France and no burning fervor for Canada. By choice he has isolated himself from his English-speaking neighbors and withdrawn from spiritual contact with them. If he has any pride it is a stubborn pride in not speaking English and in encouraging his children to scorn English, who hearing only French spoken in the home, the school and the church, have naturally little inclination and less opportunity to learn any other language. If France to the French-Canadian were home, as England was to the Puritan, driven into exile but still united to the land of his birth by the ties of sentiment, one could understand why the French-Canadian keeps aloof from the English; or if French-Canadians were only biding their time when Canada from Labrador to British Columbia is to be dominated by the sons of France, Latin culture is to take the place of Saxon, and in the western hemisphere is to be planted a new France that shall redound to the glory of the Old, then the attitude of the French-Canadian would be easily comprehensible. But there is no evidence that any such thought goes through his mind. He accepts the British flag and British rule, but he remains a French-Canadian instead of a Canadian of Canada. —American Review of Reviews.

Other Times, Other Measures.

Early in the week a visitor to one of the minor officers of a leading railroad company noticed that his friend was using a scratch pad composed of old envelopes that had been salvaged after the removal of the mail; also that he was using quite an ordinary lead pencil, and his curiosity became aroused.

"Has the Save-Everything Administration taken charge here, too?" he inquired. "When I was here last you had a pad of fine linen paper, and a Koh-i-noor pencil."

"We have learned," explained the official, "that our men give efficient work on such scrap and with such pencils, just as they formerly did with gold printed pencils and bond paper. We are keeping step with the times."

Children Cry
FOR FLETCHER'S
CASTORIA



HERE IS THE DAY YOU REGISTER

ON June 22nd, Saturday, every man and woman, resident in Canada, who is 16 years and over, must attend at one of the places provided for registration, between the hours of 7 a.m. and 10 p.m., and there truthfully answer all the questions set forth upon the registration card. Upon signing the card, vouching for the accuracy of the answers, the man or woman will receive a Registration Certificate, as shown below, which must be carried upon the person thereafter.

Why the Certificate is so Important

For failure to register a maximum fine of \$100 and one month's imprisonment is provided, also an added penalty of \$10 for each day the person remains unregistered after June 22nd.

Persons remaining unregistered cannot lawfully be employed, and cannot draw wages for work done after June 22nd. Employers who keep unregistered persons in their employ will be liable for fines equal in amount to those recoverable from the unregistered employees.

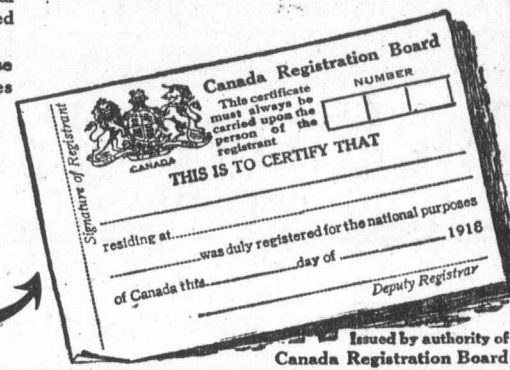
Unregistered persons cannot lawfully purchase transportation tickets, and may find themselves

barred from travelling on railroads, steamboats, etc. Similarly they may be denied board and lodging at any hotel, restaurant, public house or boarding house.

In a word—All persons remaining unregistered, and all persons having dealings with unregistered persons, knowing them to be such, incur heavy penalties under the law.

REGISTRATION IS LAW—
Don't Fail to Register.

This Certificate is
YOUR Protection.
Get it and Carry it



Classified List of 9,706 Consecutive Ford Sales

AGRICULTURE	Total	Per Cent	AGENTS	Total	Per Cent	TRANSPORTATION	Total	Per Cent
Farmers	5062	52.20	Oil, Paint, Grease	7	.07	Baggage, Express	89	.89
Gardeners, Trucksters	47	.47	Hardware	18	.18	Bus, Livery, Taxi	271	2.90
Creameries and other Sundry	5	.05	Jewelry	1	.01	Cab	38	.38
Agricultural Users	173	1.73	Lumber	10	.10	Railroad	17	.17
GOVERNMENT DEPARTMENTS	91	.91	Plumbers	62	.62	Tractors	121	1.24
MANUFACTURERS	36	.36	Stationery	43	.43	Buildings, Contractors	40	.40
Metals—All Classes	36	.36	Tailors	20	.20	Painters, Decorators	130	1.41
Furniture	5	.05	Undertakers	8	.08	Engineers, Mechanics	91	.91
Packers, etc.	38	.38	Shoes	11	.11	PROFESSIONAL	202	2.10
Building Materials	14	.14	Retail Salesmen	44	.44	Doctors	20	.20
Printers and Publishers	24	.24	Sundry	227	2.40	Veterinaries	43	.43
Bakers	66	.66	JOBBERS	144	1.50	Bankers	10	.10
Butchers	122	1.30	Oil, Paint, Grease	7	.07	CHARITABLE INSTITUTIONS	10	.10
Coal, Wood	27	.27	Hardware	18	.18	TOTAL—Primarily for business use	8,550	88.05
Dyers	22	.22	Jewelry	1	.01	SUNDRY	1,156	11.95
Dairies	30	.30	Lumber	62	.62	Not included in above classification	1,156	11.95
Dept. Stores	61	.61	Plumbers	62	.62	Grand Total	9,706	100.
Druggists	30	.30	Stationery	43	.43			
Dry Goods	25	.25	Tailors	20	.20			
Flour and Feed	14	.14	Undertakers	8	.08			
Florists	9	.09	Shoes	11	.11			
			Retail Salesmen	44	.44			
			Sundry	227	2.40			

Gallons of ink and acres of paper are sometimes used to convey the thought summed up in this chart which states facts.

Out of 9,706 consecutive sales, 8,550 purchasers regard the Ford car as a necessity in either agricultural or industrial activity. Only 11.95 per cent of these cars are being used, other than primarily for business. Prepare to meet business competition by buying a Ford.

Runabout - - \$575 Sedan - - - \$970
Touring - - - 595 One-Ton Truck 750
Coupe - - - 770 Chassis - - - 535

F. O. B. Ford, Ontario

All prices subject to war tax charges, except trucks and chassis

Ray Morningstar

DEALER - WATFORD