

## Looking Over Western Ontario

"Orz of the wealthiest and most populous agricultural and industrial parts of the province."



### Port Dover Is Pretty Town with **AFuture**

Not Only a Beautiful Summer Resort, But Also Has High Aims In the Industrial World.

PORT DOVER, March 31.-Neatnestled on the north shore of Lake Erie, is the picturesque little town of Port Dover. No one who as spent a few hours in this beautiful town fails to carry away memories and pleasant pictures of the delightful time they enjoyed in the reaction and release from life's strenuous activities, and hold deep in their hearts a longing desire to eturn for an other holiday. Port Dover is one of nature's beautiful spots. It could not be anything else but attractive with its

delightfully cool breezes and its

olks and pleasing to older ones. But Port Dover is not only a nagnificent summer resort where inds of weary folks bask on its beach and dip in its water, but is so situated as to become a growing industrial town and port. First of all is the important problem of transportation. Here you find the terminal of three lines of railway, whose shining rails reach east, to the west, and to north, giving splendid connecn with the leading cities of the The radial line for congives exceptional ad-Then there is the splenid harbor and the advantage of vater transportation which so reatly enhances the value of a scation for industrial purposes.

Beside this. Port Dover has the ttractive advantage of cheap fuel. Coal can be laid down by boat at the lowest possible cost, with the additional advantage of a large quantity of natural gas at a rea-sonable figure; while above it all beams brightly and persistently that great provincial asset, the

soil and climate in the vicinity of Port Dover are splendidly adapted to the raising of farm produets for the canning industry.

The season is a week or ten days longer in the fall, which means a great deal to the industry.

When you add to all these the general improvements, that are looming up on the program of this year, such as waterworks, improved Main street, building by law, etc., ears the finest port on Lake ie and one of the finest in the province.-H. F. Deller, in mcoe Reformer.

untried, experimental preparation, with many years of strong servchind it. Buy it from your nearest

### Western Ontarlo **Business Changes**

PETROLEA.-The butcher shop hich was conducted during the inter months in Ed Hopper's imement shop by Ed Rose has been discontinued. Mr. Rose will return to his former business of drover, hich he has followed for years. RIPLEY.—Lester Armstrong has urchased from Mr. W. A. Bell the general store at Pine River, taking session on April 1. Mr. Addiso Armstrong has purchased the old Armstrong homestead, which





This is Talbot street, St. Thomas, looking east, snapped so many years ago that even the photographer will not admit the date.

### Frequent Flogging Was a Feature of Training In Middlesex's Earliest School

The rates for their furious howling. endance reached 88. tuition, board and washing ranged from £7 to £10 a year. Pupils from London, Eccles, Wm. Eccles, C. Brough and N. was the Komoka Seminary, where both calls vividly the days when he was in tion certificates. Principal Moffatt,

attendance at the academy. glican church. The house was a two- ed still stands in the Village of Kostory building, with several wings add- moka.

8 a. m.-Breakfast 9-12-Classes.

12-Lunch in hand. Bread and butter. Games on campus till 1.30. 1.30-2 p. m.-Dinner. 5 p. m.—Tea served.

Play on campus till 6 p. m.

glican church at Delaware, where the principal had pews reserved. RIGID DISCIPLINE.

Every other Sunday afternoon service was conducted at the academy. Every two months each student was taken to London on Saturday. Once a month medical Saturday was held, when each pupil received a dose of salts and senna. Wm. Livingstone was a rigid disciplinarian and flogged his students frequenty and instilled into his boys a manly spirit. He was loved by all the students. Liquor was kept in the cellar to serve

A study of the history of countries of the fact that one H. F. Ellis, of Trinity College, Dublin, East Middlesex. The total amount excame with his parents to Canada from in Middlesex reveals the fact that one of the earliest halls of learning in the county was known as The Caradoc county was known as The Caradoc common, but one always remembered Academy and was situated on the Longwoods coad, five or six miles west of Delaware. The founder and principal was William Livingstone, commonly was William Livingstone, commonly was without an ache or a six miles west of the students occurred at a Christmas 259.55. The average cost per room was soll does not boast a man of the same closing. The principal owned several \$1,371.86, and the average cost per pupil age who carries the same vigor of mind and body. He is without an ache or a six miles west of the students occurred at a Christmas 259.55. The average cost per room was soll does not boast a man of the same vigor of mind and body. He is without an ache or a six miles west of the students occurred at a Christmas 259.55. The average cost per room was soll does not boast a man of the same vigor of mind and body. He is without an ache or a six miles west of the students occurred at a Christmas 259.55. The average cost per room was soll does not boast a man of the same vigor of mind and body. He is without an ache or a six miles west of the students occurred at a Christmas 259.55. The average cost per room was soll does not boast a man of the same vigor of mind and body. He is without an ache or a six miles west of the students occurred at a Christmas 259.55. The average cost per room was soll does not boast a man of the same vigor of mind and body. He is without an ache or a six mind the same vigor of mind and body.

was William Livingstone, commonly cats, of which he was very production of the peace. He had also a justice of the peace. He had taught in Caradoc and Ekfrid and in The short pieces were fastened to the bell clapper. The short pieces were fastened to the bell clapper. The short pieces were fastened to the schools increased \$35,975.82. 1833 opened the academy, which con- ground end and a fish hook well baited SALARIES IN 1921. 1833 opened the academy, which continued until 1857, when it was destroyed by fire.

ground end and a list hook with fresh beef was dropped for the squire's cats. About midnight all cats in 1921 were as follows It was a residential school, with ac- tugged at the pieces, ringing the old commodation for 80 pupils, but the at- bell and waking all the neighbors with

Toronto, Port Stanley, Brantford and Another institution that provided for outhwold attended. John Labatt, John secondary education in the early days Givens, of London, were registered stu- the young women and men of Middlesex dents. William Young, of Caradoc, re- were enabled to secure their matriculadescendant of the African explorer. Principal Livingstone was a Scotch- Moffatt, was in charge. This institution Principal Livingstone was a Scotch- Moffatt, was in charge. This institution of West Middlesex was \$1,500 and in man and brought up a Presbyterian, but was closed about 40 years ago, but the villages \$1.400. There are 108 teachbecame an ardent supporter of the An- brick building in which it was conduct- ers in West Middlesex.

LONDON GRAMMAR SCHOOL.

was established in 1834 and was first held at Long Point. Later it was render assistance and advice in all tendant historical color, are the delight No signs of old age are upon him but

In reviewing the early education of He taught public school in the County of Middlesex, it is interesting to note the salaries paid to teachers. Township for seven years, in West Williams for 10 years, and also taught in the organization connected therewith

Delaware—£31 1-5. Ekfrid—£28 6-7. London Town-£90. London Township-£30 2-5.

Metcalfe-£30. Westminster-£38 10-17.

Williams-£16 1-4. In the year 1852 we find that the average male salary amounted to \$235 and the average female teacher's salary was \$116, the total amount expended for In 1874 John Dearness, now principal of London Normal School was appoint-

ed public school inspector for East

Middlesex and served in that capacity till January 1, 1900.

MR. DEARNESS INSPECTOR. Why Grandpa is So Popular paid in East Middlesex was \$520, and was paid in the Township of Westminster. In West Middlesex Inspector Carson reported the highest salary for that year \$575, paid to a male teacher in Lobo Township. The average salary paid to female teachers was \$291.

In 1884, 10 years later, a slight in crease was shown, the highest paid being \$600, which was paid in West Nissouri Township. The average salaries paid to male teachers were \$447 in East Middlesex, and \$442 in West Middlesex and to female teachers, \$308 in East Middlesex, and \$319 in West Middlesex. The average cost per pupil was \$7.07. According to the recent reports issued by Inspector P. J. Thompson, of East Middlesex, and Inspector H. D. Johnson of West Middlesex, we find a striking contrast. The salaries paid in East

	Highest.	Average
Township.	Salary.	Salary.
McGillivray	\$1,300	\$1,019
Lucan	1,500	1,350
Westminster	1,200	969 2-3
Dorchester	1,200	1,003
Biddulph	1,100	99934
London	1,150	943
Delaware	1,100	1.016 2-3
Nissouri	1,100	984 2-3
The highest salary,	\$1,500, wa	s paid to
a lady teacher in Luc	an.	

was \$990. There are 122 teachers in

In West Middlesex the salaries paid and knows its history as do few, if any, in 1921 were as follows:

	Highest.	Average
Township.		Salary.
Adelaide	. 1,100	\$ 992.50
Caradoc	1,200	987.50
Lobo	1,200	1.018.34
West Williams	1,150	1.037.14
East Williams	1,200	1.016.66
Ekfrid	1.100	1,004.18
Mosa	1,000	988.88
Metcalfe	1,000	972.22
The highest salary	paid in t	he towns

PRESENT INSPECTORS.

story building, with several wings added, wide veranda all around and surmounted by a beliefy in which hung the belief that regulated the proceedings.

The second story contained dormities and the corner of Dundas and Richmond streets. It was in charge of the second story contained dormities and the corner of Dundas and Richmond streets. It was in charge of the second story contained dormities and the corner of Dundas and Richmond streets. It was in charge of the second story contained dormities and The second story contained sto were enforced with a liberal application Having taught successfully for seven was taken to a local Anglican clergywere enforced with a liberal application of blue beech gads.

In 1838, Mr. Taylor, father of Wm. Taylor, who taught for many years he was appointed assistant teacher at Glencoe high school, and two years later was offered the principalship of the same school. One year and six Horton street. He was well educated. Horton street. He was well educated. Company schools were soon erected in the same schools were soon erected in the same school was appointed assistant teacher at Glencoe high school, and two years later was offered the principalship of the same school. One year and six made to decipher it, apparatus, ne suggested piping that the trouble. A test was carried through by one of the boys of Knox recognized it as having belonged to a paparatus, ne suggested piping that the trouble. A test was carried through by one of the boys deserve much credit for their entrous town officials which showed that Inger-thusiasm in organizing and for their selected as inspector for East Middleson and the principalship of the same school on the same school of the town officials which showed that Inger-thusiasm in organizing and for their efforts in providing hand music for the selected as inspector for East Middleson and the springs to find its own open way to the gathering and intake apparatus, ne suggested piping that the trouble. A description of the town officials which showed that Inger-thusiasm in organizing and for their efforts in providing hand music for the love of the decipher it, open way to the gathering and intake apparatus, ne suggested piping that the trouble. A test was carried through by one of the town officials which showed that Inger-thusiasm in organizing and for their efforts in providing hand music for the same chool. One was taken to a local Anglican clergy-man, who will unable to decipher it, open way to the gathering and intake apparatus, ne suggested piping that the trouble. A test was carried through the carried through Common schools were soon erected in various parts of the county, and the first superintendent of education was first superintendent of education was wilson (late Justice Wilson).

Soll's water supply was not selected as inspector for East Middlesex, on January 1, 1900. For the past 22 with the request that they send back the translation. They sent back the translation. They sent back the translation never last annual report gave the complete last annu Common schools were soon erected in selected as inspector for East Middlesex, institution of that order in Montreal, soll's water supply was not being efforts in providing band music for the Aubrey, and Roy Carter is worthy of John Wilson (late Justice wilson).

In 1843 and for several years later many of the schoolhouses were rough log shanties, covered with bark and two covered conveyances to the Anspiran church at Delaware where the glican church at Delaware where the state and there was an absence of the scool learne that they could not under any condition betray the meaning of the complete the most popular inspectors in Western Ontario, also having the honor of being president of the Inspectors' Association.

Frequently the inexperienced teacher has a dread of the inspector's first visit, that Mr. Sinclair is a recognized author where the lower many of the scools and has become one of the most popular inspectors in Western Ontario, also having the honor of being president of the Inspectors' Association.

Frequently the inexperienced teacher has a dread of the inspector's first visit, that Mr. Sinclair is a recognized author where the laws matters of history.

Never been in bed a week in my byterian church. the seats, and there was an absence of but she soon learns that Mr. Thompson thority. He loves matters of history, is in hearty sympathy and co-operation not only local but world-wide, and is an with the teacher who is endeavoring to apt student, as his clippings, his books, tion as to his health. He adds that

The London District Grammar School ratepayers and trustee boards also find A VETERAN OF '66.

cationist for over 60 years.

According to reports of Inspectors J. C.
Glashaw and S. P. Groat, we find the was on the staff of Strathroy Institute, from which position he was called to Glashaw and S. P. Groat, we find the average salaries paid in 1847 as follows:

Adelaide—£27 1-7.

was on the stall of Strathroy Institute, from which position he was called to be inspector of West Williams in 1890, and has visited the schools of that inbers to-day. He has a gold-headed bers to-day. He has a gold-headed to be inspectored for over 22 years. Mr. John son states that in recent years there has which he prizes highly. been many improvements in sanitation, buildings and also in the teaching CONTRIBUTES TO HISTORY.

methods employed.

equipment is furnished. Despite this fact there are still standing several old school buildings, in various parts of Middlesex County, and the tile man. Not the cheap or vulgar erection of many schoolhouses will be versification which means the common necessary in the near future. One of the oldest buildings is the schoolhouse of lofty thought and worthy ideals. He located on the corner of Adelaide street has that happy faculty of suiting his Here the late R. M. Graham, a former principal of London Normal School, re- when the greatest Scottish organization ceived his first experience in teaching.

### "The Only Remedy Says This Doctor

"The treatment of skin diseases (eczema) and diseases of the scalp is known to be difficult." writes Dr. W. L. Randolph. "However, there is one remedy that is known to be entirely dependable in this distressing and troublesome disease. I refer to D. D. D. Prescription." If you have never tried D. D. D. for skin diseases, whether a small spot, or whether one of the dreaded forms—the torment of exzema or the hard scales of psoriasis—get a bottle at once on our guarantee that if it doesn't relieve you your money will be refunded. \$1.00 a bottle. Try D. D. Soap, too.

Strong's Drug Store, Standard Drug Co., Limited, Taylor's Drug Store,

The highest salary, \$1.500, was paid to lady teacher in Lucan.

The average salary in the inspectorate Tronto, and they will send you free trial bottle to the D.D. co., Dept. 47, 27 Lyall Ave. Toronto, and they will send you free trial bottle to the company of the concern over from the company of the concern over from the company that started it. Stones, mud and other tor loc, which merely payspostage and packing.

### MIDDLESEX HAS Health for

James Sinclair, of Ingersoll, Appointed For 31st Term Despite His Resignation.

Chairman

Board Of

30 Years

FAITHFUL SERVANT OF PUBLIC HEALTH

Is In 78th Year and Ingersoll Boasts No More Healthy Citizen.

INGERSOLL, March 31 .- For 30 conecutive years James Sinclair has been chairman of the Board of Health in He started out on his thirty-first year a few weeks ago, when he was reappointed, despite the fact that he had tendered his resignation. A many-sided man is this faithful servant of the public health in Inger-soll. By trade he is a tinsmith and plumber, although it is some years since he gave up actual participation in his chosen work. For 40 years he conducted a plumbing and tinsmithing business in Ingersoll, and, according to his own word, "has never been in the courts either as debtor or creditor." He won-ders if the strange trend that has come into the business world to-day would render such a record possible.

has, therefore, grown up with Ingersoll, outstanding moment back in the dim days of the past, Mr. Sinclair has the why and wherefore of it-not only in his mind, but on paper. He has saved down through the years of his very active life everything of interest that to-day makes the most interesting of

He told The Free Press of an inci-

A SECRET MESSAGE.

dent that happened back in 1852 or thereabouts, concerning which he had complete information carefully filed away in his retentive memory. It seems that back in 1852 workmen engaged excavating on an eminence just south

promote the interests of the school. The his writings and his memory will show.

fully and with marked success for the spectorate for over 32 years. Mr. John- cane presented to him by the veterans

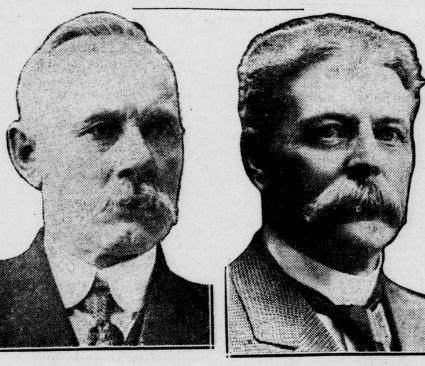
Mr. Sinclair has little patience with Through the medical inspection of those of to-day who are not fully inschools many defects of children were formed on matters of national and emattended to and if these had not been pire importance. He is a backer of remedied the progress of the children everything British-a Britisher of the would have been hindered and they also old school through and through. To would have been prevented from becom- the Ontario historical publicatoins he ing strong men and women. The school has contributed articles, one in partifairs have done much to pave the way cular which refers to the naming of the for the introduction of agriculture in the River Thames. Before the Oxford Hispublic schools. More attention is de- torical Society in 1919 he has delivered voted to the buildings and trustees en- his papers. To the public press he has deavor to select suitable colors for the from time to time given voice to mat walls and ceilings of the class rooms, ters that were of the deepest interest Single desks are provided and modern and not by any means of current understanding.

Poetry is another side of this versa poetical efforts to the seriousness of the in the United States, with headquarters in Caicago, tendered to him the hono of their honorary bard. Herewith is one of Mr. Sinclair's latter works, penned at the time that the old Centra School in Ingersoll was being razed to make room for a new two hundred thousand-dollar structure. In the corne stone of Ingersoll's collegiate rests a worthy verse from Mr. Sinclair, put there many years ago at the request of those in charge of the work—and yet this man had but two years' schooling in Ca.nada after coming here at the ag

NEVER MISSED A MEETING.

It was back in 1891 that James Sinclair was appointed chairman of the Board of Health in Ingersoll. He has never missed a meeting that he can recall. The public knows that he has never missed a call to duty in that remeans of having Ingersoll's water supply put on a high sanitary standard a the time that the municipality was tak.

# CAPABLE OFFICIALS



JOHN STUART.

In County Clerk John Stuart and County Treasurer Capt. Tom Rob-son Middlesex has two of the best known and most efficient municipal officers in the province. The clerk John Stuart, is a native of Caradoc Township and of Scotch descent, his father having settled in Middlesex in the early days. The Great Western Railway appointed Charles Stuart, father of the present clerk, as contractor to erect the water tank at Komoka, and Mr. Stuart resided in that village for several years, later moving to a farm in Caradoc.

County Clerk Stuart reports that during the year 1921 \$13,000 was voted towards the Sick Children's Hospital. The county has also endeavored to advance the interests of education and during the past year granted \$100,000 to the Western University, \$20,000 to be paid each year: \$18.863.87 to high schools. \$10,718.38 to continuation schools, \$417.41 to rural public school libraries, \$9.13 to separate school lib-raries, \$1,257.68 to other school purposes, \$2,116 expended in mothers' allowances, \$3,432.92 paid to school inspectors.

County Treasurer Capt. Thomas E. Robson, ex-M. P., is also a native of Middlesex County, having been born in London Township, and represented East Middlesex in the

The second story contained forming the air passages and the struggle reath, too familiar evidence of hatic trouble, cannot daunt Dr. J. elog's Asthma Remedy. This is amous remedy which is known far amous remediate the farming the form the horizontal and

"Never been in bed a week in my life," was Mr. Sinclair's reply to a ques-

moved to London. Mr. Wright was the matters that tend toward the advance- of this aged public servant at Ingersoll. the white "Uncle Sam" beard and a full established in 1872. The Central School, having been born in Lobo Township, London was opened in 1850, with where he received his early education. States that he is the only living member states that he is the only living member soll's Board of Health chairman in many and the honor of being a Dufferin state that he is the only living member soll's Board of Health chairman in many associal spirit every hair that he ever had. Taken all Nicholas Wilson, head master, at a sal- He had the honor of being a Dufferin of the 13th Regiment band, of Hamilton, ways. A bright mind, a social spirit ary of \$150. The other teachers on the medalist at Toronto Normal School. Mr. which took a prominent part in those well pronounced and a physical condition of the medalist at Toronto Normal School. Mr. staff were Robert Wilson and P. Mur- Johnson has been an enthusiastic edu- days. He worked consistently, faithtion even at this age second to none. Lobo veterans of that struggle up until just lieves himself a failure.

Few people are content with their lot. For that matter, few people are content with a lot.

There is no hope for the man who be

years prior to his appointment as treasurer he served the county in the capacity of clerk. The total amounted to \$1,051,237.14. In a visit to the county buildings one also finds a capable assistant to the treasurer in the person of Mrs. Robson, whose father, A. M. McEvoy, served as county treasurer for

CAPT. TOM ROBSON.

Mrs. Robson and her husband have contributed Scotch selections at concerts throughout all parts of Western Ontario and in recent months Mrs. Robson has delivered able addresses on "Citizenship" on various platforms, as she considers it the duty of citizens of the British Empire to lay aside all selfish motives and co-operate in the interests of the country.

"A broader view must be taken," states Mrs. Robson. "Agitations which are adverse to the welfare of the country must be stopped, and this is only possible by labor supporting capital, and by Canadians standing by their own manufacturers and institutions. During the war we realized that secret agencies were at work to destroy our empire. To-day we have just as dangerous an undercurrent working, the motive of which is the destruction of the British Empire, and it is time for us Canadians to wake

### BELMONT

duke," to a crowded house in the Prestheir parts well and the audience were

enthusiastic in their appreciation. About \$34 was realized.

is doing well. Miss Etta V. Fitchett, teacher at Mapleton, spent last week-end in the village.

net and equalized the rates and it will Miss Ryckman, of St. Thomas, teacher

### More Money Is Needed For Parks At Preston

Parks Board Held Up By Failure of Citizens To Pass By-Law In January.

PRESTON, March 31.-Preston Parks Board require more money to complete the improvements started in 1920 at Riverside Park. Many things in the way of park improvements were started, but have never been finished, and the parks board has no money to complete the work. At the recent municipal elections a by-law to raise \$40,000 for park improvements at Riverside Park and to purchase the Baltzer property on King street, to be added to Central Park, were defeated. Consequently the parks board is up against it financially, for they have started many improvements at Riverside Park which, on account of lack of funds, they are unable to

It now appears that things will stand as they were at the park for another year. The Board of Trade is strongly in favor of money being raised in some manner so that the parks board can finish what work in the way of improvements that they have started at Riverside Park, but they do not want to recommend to the Town Council to place and other by-law before the ratepayers if it will receive the same treat-ment as the one last January. It has been decided by the Board of Trade that a petition will be circulated among the ratepayers of the town to see whether citizens are in favor of proceeding with the Riverside improvements or not. If the majority of the ratepayers are in favor, the petition will be pre-sented to the Town Council, who will see that a by-law is prepared and the ratepayers will be asked to

cast their ballots. The park question has created considerable interest in the town, and in spite of the vote taken last January there are many ratepayers who voted against the by-law who would now support a by-law if presented for the second ti

#### **CAYUGA**

cided success. The hall was crowded by Rev. W. G. Blake and four of the boys of Knox

The Dramatic Club, of St. George's Church, London, presented their popular play, "The Irresistible Marmaare obtaining. They are handicapped byterian church. All the actors took by having no hydro in Cayuga and have also to travel slowly as regards financing. At present they are only working with dry cell batteries, but Norman Moore was taken to St. hope in the hear ruther. On Sunday hope in the near future to be able to Joseph's Hospital on Monday, suffering evening they had splendid results. They from appendicitis. He was operated on at once and latest reports are that he casting station of the Westinghouse casting station of the Westinghouse Electric Company and were able to hear with great distinctness the whole service of Calvary Church, of East Pittsburg. Rev. Edwin J. Benett occupied the pulpit and the organ music now be possible to determine what rate on the dollar the village will be required in the street lighting in the village will be required in the village wi was magnificent, the hymns sung being ed to pay to have the street lighting ing," and No. 11, Son of My Both.

The boys kindly invite friends to "listenin" and the service on Sunday night miss Ryckman, of St. Thomas, teacher in the continuation school, has been ill at her home in St. Thomas this week.

Mr. Ross Stewart has started business in the store formerly occupied by Mr. Frank B. Taylor.

Mr. Prank B. Taylor.

Mas enjoyed as a very special treat. Considering the distance from Cayuga to Pittsburg to be fully 500 miles the boys are delighted with their results and Cayuga is proud of the boys.



WARNING! Always say "Bayer" when you buy Aspirin.

Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an unbroken "Bayer" package which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Toothache

Headache Neuritis

Neuralgia Lumbago Rheumatism Pain! Pain

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-All druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Men and women of adncing years are learning re and more the benefits be obtained by the use of great restorative. It

sufferer from torpid liver, indigestion or irritated perves cannot easily mainain a happy countenance and a cheerful disposition, whether young or old. The grandpa represented in this picture has succeeded in maintaining his good

OOD health and good

hand - in - hand. The

health and good spirits by the use of Dr. Chase's Nerve Food to keep his blood rich and his vitality at high gater mark.

seems to supply exactly what elderly people require in order to keep feeling well

and happy. Mr. D. F. Armstrong, R.R. No. 3, Mallorytown, Ont.,

"Through overwork and an extra amount of mental strain, I became very nervous and rundown. I began using Dr. Chase's Nerve Food, and they certainly seemed to touch the right spot. It almost seemed for a time as though I fairly lived on them, and I can recommend this treatment to anyone requiring a medi-cine of this kind. I am now over

("Sworn before me at Mallory-

Dr. Chase's Nerve Food.

town, this 7th day of March, 1921."—D. S. Clow, J.P.)

50 cts. a box, all dealers, or

Edmanson, Bates & Co., Ltd.