

One meal a day is enough for a lion, and it ought to suffice for a man.—Dr. George Fordyce.

CONSTIPATION Banished for 20 Years

No one could have had more experience of constipation than this man. His method of correcting the trouble would surely put right anybody who suffers in a similar way.

"I am now approaching my 49th birthday and have used Kruschen for many years. As a boy and youth I suffered at frequent times agonies from constipation. This was, after a time, somewhat relieved by a special pill compounded to a prescription, but which, at times, had a weakening effect. On someone's recommendation I tried a bottle of Kruschen Salts, and since then—a matter of at least 20 years ago—have used nothing else. My daily dose I take in hot water at 7.45 a.m."

—E. A. D.

The six salts in Kruschen are Nature's own prescription for keeping the organs of elimination working properly—gently but surely expelling all poisonous waste matter every day. Start on "the little daily dose" of Kruschen to-morrow and so take the first step along the royal road to perfect health.

LOVELY HANDS

Busy hands—at hard tasks day in and day out. Persian Balm keeps the skin soft and pliable. Removes redness and relieves irritation.

At your Drugist's

PERSIAN BALM

For Quick Relief from
COUGHS & COLDS

TAKE
BUCKLEY'S MIXTURE

The very first sip of this potent, pungent, penetrative mixture gets results.

ACTS LIKE A FLASH—
A SINGLE SIP PROVES IT!

Try Lydia E. Pinkham's Vegetable Compound



Terribly Embarrassed

She couldn't go... and she couldn't tell him "why". Don't let headaches and cramps spoil your fun. Take Lydia E. Pinkham's Vegetable Compound for Monthly Pains.

for COUGHS

Take half a teaspoonful of Minard's in molasses. Heals the throat, soothes the lungs, and relieves the chest.

You'll get relief!

MINARD'S LINIMENT

"KING OF PAIN"

Zutoo

will stop a headache in twenty minutes, break up a cold overnight, and relieve the monthly pains of women. Used by thousands.



PHILLIPS' MILK OF MAGNESIA

For Troubles due to Acid Indigestion, Acid Stomach, Heartburn, Headaches, Nausea, Gases, Constipation.

When **PAIN** Comes

WHAT many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali, which neutralizes the acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia.

One spoonful of this harmless, tasteless alkali in water neutralizes instantly many times that much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Go, get a small bottle to try.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. 50¢ a bottle—any drug store. (Made in Canada.)

NEWCASTLE UNITED CHURCH ANNIVERSARY SERVICES

Large Congregations, Helpful Sermons and Inspiring Music

Undeterred by an almost continuous rain, United Church folk of Newcastle and vicinity, accompanied by many visitors, flocked to church in large numbers on Sunday, Nov. 15th, to join in worship at the anniversary services and hear Rev. C. W. Barrett of Brighton preach. The pulpit precincts and choir loft were brightened by the presence of many autumn flowers and a choir of twenty-five voices supported the preacher in his service of worship.

Mr. Barrett, after expressing his pleasure at being once more in the church and among the people from which he got so much help in his early life when he was setting out on the road to the ministry, addressed his morning sermon principally to people of middle life and pointed out some of the very real dangers which beset people at this period. One of the perils is a tendency to settle down, contract and withdraw into oneself, losing interest in the world around and in ones fellow being. To counteract this tendency every man ought to have a hobby of some kind, interest in something outside of his regular vocation by which he makes a living. The Church, over which Christ is the head, more than any other institution has saved men from settling down into a pessimistic, sordid, materialistic name of mind.

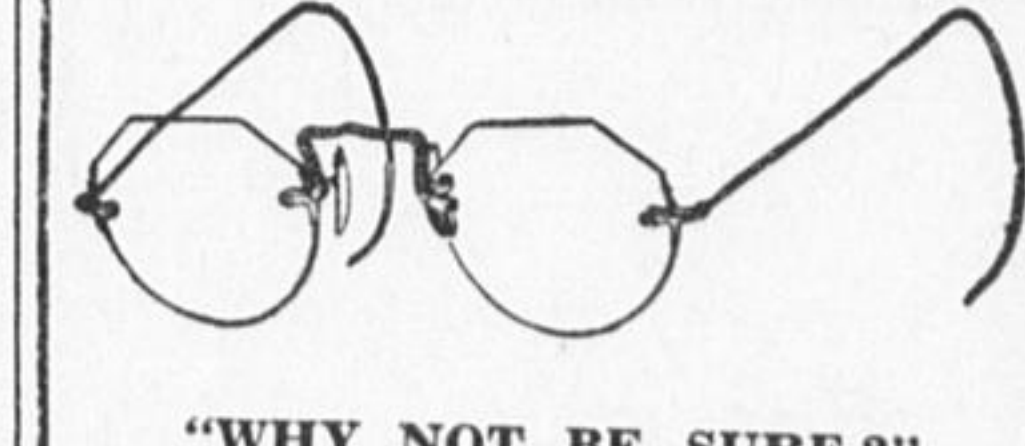
Middle life is a period of peril because as one grows older faith becomes deadened and the farther one passes on from the years of youth and young manhood and womanhood the less are one's chances of becoming a Christian. Records prove this. Jesus Christ, the Man of Faith and Hope and Optimism, can save folk from the perils of middle life, perils of money making, of worldliness and little faith. He urged his hearers to pray that faith may not fail.

It was heartening and inspiring to see twenty-five of the church's sweetest singers in the choir loft with their leader, Mr. W. J. S. Rickard, and with Mrs. L. M. Fisher at the organ. The choir numbers in the morning were a double mixed quartet, "Thy Way Not Mine," by W. J. S. Rickard, Howard Allin, Harold Allin and Mark Allin, and Messedames H. R. Pearce, W. D. Bragg, Geo. Honey and Jas. T. Brown; and two anthems, "God Be Merciful," and "Thou Crownest the Year with Thy Goodness."

In the evening before a still larger congregation, Mr. Barrett took for his subject, "Why we should attend Church," and offered a number of cogent reasons why. We should attend church, not so much to hear the preacher, or to hear good singing by choir members; but to worship God. The preacher commended congregational singing as a splendid form of worship and mess of grace. Every part of the service should be a service of worship by which we should all be benefited. We should attend church not only for our own good but for the good of our children. We should attend church in order to show the world what side we are on, but by no means in a pharisaical manner. We should attend church because it is worthy of our support. The church has never been 100% right, never been perfect. It is not now and was not in Christ's time, but Jesus, the perfect Man, never kept away from church because of its shortcomings. He always attended and upheld the church.

At the evening service the choir sang, "Abide With Me" and "O Love Divine" in addition to a double male quartet, Howard Allin, E. C. Hoar, W. J. S. and Stanley Rickard, basses, and W. H. Cooke, Mark and Harold Allin and Arthur Gibson, tenors, sang "Is Your Name Inscribed in Heaven?"

Rev. Mr. Barrett, known familiarly to many Newcastle and Clarke folk, who have known him from a child up as Wes., tall, slim and rigidly erect, spent the dinner and tea hour with his sister, Miss Minnie Barrett, in company with his brother Lewis of Ringswood, his aunt, Mrs. Hutchinson, and cousins, Mr. and Mrs. Lewis Finley of Toronto, and his cousin, Mrs. Fred Honey, Salem, and scores of his old friends, including many from the Hampton circuit who were once stationed, seized the opportunity of shaking hands and exchanging greetings with him after the services, for ten years had passed since he preached here before.



"WHY NOT BE SURE?"

"My eyes are strong. I can see as well as anyone," is the boast of many who are afflicted with a form of eyestrain which, if neglected too long, develops into a distressing form of eye trouble. Why not have your eyes examined and be sure.

G. M. Bosnell

OPTOMETRIST

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WEDNESDAY each week

Toronto Office:
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Obituary

Mrs. R. H. Ferguson, Burketon

There passed to rest at her late home near Burketon on November 13th, after a short illness, Maud Louisa Greer, beloved wife of R. H. Ferguson, in her 50th year.

Deceased was born in Manvers township where she spent the early part of her life, being married in 1908 to R. H. Ferguson. They farmed in Clarke and Darlington townships until her death.

Deceased leaves to mourn her loss a sorrowing husband and two daughters and two grandchildren, (Irene) Mrs. Gordon Henry of Oshawa, and Ida at home, and Roy and Lorna Henry.

The funeral, which was held on Sunday, was largely attended. The service was conducted by her pastor, Rev. J. M. Whyte, assisted by Rev. T. Wallace of Newtonville. The pall bearers were five brothers-in-law and one cousin, W. J. Ferguson, George Ferguson, Fred Ferguson, Walter Ferguson, Albert Oke and John Greer. The flowers which were beautiful and numerous were borne by four cousins from Mount Forest.

Those attending from a distance were Mrs. James Hunter, Mr. and Mrs. Roy Hunter, Mrs. Robt. MacFarlane, Messrs. Talbert, Leonard and Irvine Ferguson, Mr. and Mrs. F. Greer and Addison, all of Mount Forest, and many others from Toronto, Oshawa, Bowmanville, and the surrounding district.

Mrs. Tamson Keat, St. Marys

An old and beloved resident, Mrs. Keat, passed away on Monday, Nov. 16th, about noon, at the home of her daughter, Mrs. S. J. Dunseith, King St. South, St. Marys, following a lengthy illness.

Mrs. Keat, whose maiden name was Tamson Somers, was born in Darlington township, near Bowmanville, on May 22nd, 1838, being thus in her ninety-fourth year. Her husband, the late Enos O. Keat, died nearly sixty years ago, leaving her a young widow with six small children. About 58 years ago she came to this district with her family, residing for a time with her brother, James Somers of Blanshard, who later moved to Alpena, Mich. The successful rearing of her young family called for qualities that were not lacking in this fine little woman. She possessed remarkable vitality, exceptional activity, and also a bright and kindly disposition which will be long remembered by those who knew this estimable lady. She retained her mental and bodily activity right up to her last illness. She was a life-long member of the United Church and took a warm interest in its work.

Two daughters, Mrs. S. J. Dunseith, St. Marys, and Miss Laura Keat, London, survive; and one son, James Keat of Catalina Island, California. She leaves also five grandchildren and seven great grandchildren. Her funeral was held from the home of her daughter, Mrs. S. J. Dunseith, on Wednesday afternoon. Rev. W. H. Ramey, pastor of the United Church, conducted the service. The pall bearers were Harold Pincombe (St. Thomas), Fred Lofft, Frank Tamblin, Leonard Whaley, Harold Dunseith, Lincoln Rice. Interment was made in St. Marys Cemetery.

Among the friends present from a distance were: W. J. Bragg, M.P.P., Frank Osborne and sons, Russel and Hubert, of Bowmanville; Mr. and Mrs. Wilbert Down and son Russel, of Lawrence, Ont.; Mrs. Thomas Down and daughter, Mrs. Geo. McCann, Mr. and Mrs. Harold Pincombe, Miss Edna Collins, Wilbur and Hubert Collins of St. Thomas; Miss Tillie Somers, Port Huron, Mich.—St. Marys Journal.

Glen Kitchener Coleman, Vanguard, Saskatchewan

After a lingering illness of more than a year during which he suffered untold agonies, Glen Kitchener Coleman, fourth son of Mr. and Mrs. W. J. Coleman, adjoining the village of Vanguard, passed away on Nov. 1, aged 15 years.

The funeral service on Tuesday afternoon in the Gospel Tabernacle, was conducted by Rev. Mr. Miller, of the Moose Jaw Bible Institute and was largely attended. His school mates attended the funeral, and business places were closed.

He is survived by his parents, four brothers and one sister; Wm. J. at Saskatoon; Bryce, at Vermillion, Alta.; Ralph, who went to Peace River a week ago; Mac and Miss Jean at home.

**Bladder Weakness
Makes Life Misery!**

Daily Annoyance, Troublesome
Nights Wrecking Lives of Thousands
States Writer Who Tells
What To Do For Quick Relief

Backaches, Headaches, Pains in feet and legs, Nervousness, Restlessness, frequent but scanty Urination with burning and pain, getting-up-nights—some of the more troublesome signs that should have prompt attention before they reach a more serious stage!

No matter how stubborn your case may seem to be or how many medicines you have tried, with no results—don't think your condition is hopeless or the natural consequence of advancing years until you have tried the amazing value of Dr. Southworth's "URATABS."

On a strict guarantee, if you do not receive swift and satisfying relief, any good druggist will supply you with "Uratabs" in sealed packages containing a ten days' supply. If they bring great relief inside of 48 hours and a wonderful improvement inside of ten days, you will be greatly pleased—if they do not help, they cost you nothing! Ask your druggist today.

**Stomach Troubles
That are Dangerous**

(CUT THIS OUT)

Some forms of stomach trouble, if neglected, often lead to dangerous conditions—ulcers or cancers—then, a surgical operation is about the only hope.

For this reason, even the most simple stomach ailments should be given prompt and careful attention. So, don't neglect acid stomach, sourness, gas or bloating! And don't waste time with unknown or unreliable treatments. At the very first signs of distress, go to any good drug store and get some pure Bisurated Magnesia (powder or tablets). This special Magnesia Compound is safe and pleasant to take—quickly, almost instantly, effective and does not act as a laxative. Be sure and ask for BISURATED Magnesia for stomach troubles only.



'SALADA'
BLACK TEA

PURPLE HILL

Mr. and Mrs. Clarence Graham and family, Oshawa, visited recently with the former's sister, Mrs. Fred Gibson.

Miss Florence McFadden spent the weekend at her home in Flesherton.

Mr. and Mrs. Wm. Henry attended the funeral of Mrs. Harry Ferguson on Sunday.

On Tuesday evening, Nov. 17, the members of L. O. L. 339, with their wives enjoyed the annual oyster supper in the lodge room. A program followed the supper. Mr. Courtney Graham, master of the local lodge, Mr. Earl Dorrel and Mr. G. Devitt, representatives of other lodges, were able speakers of the evening. Community singing was enjoyed by all. Readings were given by Miss Esther Strong and Miss F. McFadden. Solos were given by Messrs. Irwin Tripp and Reginald Boundey, and a duet by Messrs. Leslie Paylor and Alfred Goslen. Instrumental music was furnished by Mr. Reginald Boundey and Mr. Irwin Tripp with violin and guitar. Miss Frances Graham proved a very efficient pianist for the evening's program.

Presentation

On Friday evening, Nov. 13th, about 40 friends from Shirley, Purple Hill and Egypt met at the home of Mr. Ernest White, Manchester, where they presented his mother, Mrs. Francis White, with a beautiful fernery and fern, and to his sister, Miss Grace, a lovely silver casserole. The following address was read by Mrs. R. Coates:

To Mrs. White, Ernest and Grace:

We, your old friends and neighbors, have journeyed here to see you settled in your new home. We regret very much the circumstances which made it necessary for you to leave us so soon. We would have been pleased to assemble in your old home but felt we would only delay you in your work of moving so postponed our mission until this evening.

We could not let you go without expressing and acknowledging our appreciation of you. In fact, there seems something sadly missing when we realize that the White family, one of the pioneer families which stood for integrity and honor, is no longer in our midst.

In you, Mrs. White, we feel we have both an example and an inspiration. Your cheerfulness is a tonic to all who come in contact with you. You have always been ready to help the weak and afflicted. Your valuable and untiring zeal in the Red Cross work we shall never forget. You have been unstinting in your labor and means to maintain and beautify our little church. In our work for "Home and Country" we shall always think of you as a noble example of true Canadian womanhood.

Miss Grace has always been a worker in the church, Sunday school and choir, and to assure her of any good cause was to have it granted.

We regret very much your departure, but we are pleased you have chosen a home at no great distance and hope that we shall often have you with us.

Mrs. White, we would like you to accept this fernery, and Miss Grace this casserole, not for their intrinsic value, but as a kindly remembrance of your many friends in your old home.

Signed on behalf of the Community: Mrs. Austin Franklin, Mrs. Wm. Forder, Mr. W. Vance.

After a suitable reply by Miss Grace, the evening was spent in games, music and dancing, after which a lunch was served. All report having had an enjoyable and pleasant evening.

Support a local industry employing local men. Eat Cream of Barley.

Norman Taylor, proprietor of the Skating Rink, is back in Bowmanville after spending some months in the now famous town of Beauharnois, P. Q. With the weather of the past few weeks far from wintry, Norm. has as yet made no arrangements or set a date for the opening of the local rink.

Support a local industry employing local men. Eat Cream of Barley.

Rt. Ex. Comp. Fred C. Hoar, of Bowmanville, Grand Superintendent of Ontario district, paid his official visit to Victoria Chapter, No. 37, R. A. M., Port Hope, Friday, Nov. 13. A number of visiting brethren attended. Following the lodge room ceremony, a banquet was served and a program was put on, coupled with the customary toasts.

J. I. McNeeley of Oltawa, driver of a Motorways Transport, that crashed into and killed Ernest Haigh at Newtonville on October 31, was committed for trial at the next session of the Supreme Court when he appeared before Magistrate Campbell on Friday charged with criminal negligence. A jury sitting on the previous evening under Coroner Dr. V. H. Storey brought in an open verdict when the death was investigated.

Quality has no substitute

Tea "fresh from the gardens"



**IT COSTS SO LITTLE
NOW TO FILL UP THOSE
EMPTY PANTRY SHELVES**

Food prices have been coming down fast—and nowhere have they come down faster or gone down further than in A & P Food Stores. Practically every item in our stocks costs less now than it did a year ago—and new reductions are being made every week. Stock up your pantry now with quality foods at the lowest prices in years—prices that reflect typical A & P savings.

AYLMER CHOICE QUALITY	AGAIN OFFERED AT THE TREMENDOUSLY LOW SPECIAL PRICE OF
TOMATOES	12 NO. 2 SQUAT TINS 57c
PEAS	12 NO. 2 SQUAT TINS 89c
PEARS	6 NO. 2 TINS 59c
SOUPS	6 TINS 45c
SALMON	6 TINS 59c
PORK and BEANS	12 NO. 2 TINS 75c
PINEAPPLE	2 NO. 2 TINS 21c
FRUITS and VEGETABLES	
BANANAS	3 lbs. 19c
TOMATOES	lb. 29c
MEATS	
BACON	1/2-lb. Pkg. 9c
HAMS	Whole or Half lb. 15c
PORK LOINS	FOR ROASTING lb. 14c
PORK BUTTS	VERY LEAN—AN EXCELLENT ROAST lb. 11c
PORK SHOULDERS	FRESH CUT lb. 9c
ROASTS	PRIME RIB FIRST FOUR RIBS lb. 18c
	SHOULDER - - - lb. 10c
SAUSAGE	SMALL LINKS lb. 18c
FILLETS	Fresh Haddie lb. 15c

EGGS BOUGHT AT HIGHEST MARKET PRICES AT ALL A & P STORES IN EXCHANGE FOR MERCHANDISE OR CASH.

Grocery Manager: P. Williams. Meat Manager: G. McCoy.
We Deliver—Extra Charge 10c
King Street Phone No. 83 Bowmanville

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