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Golden Rod
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FARMERS, REDUCE YOUR PLOWING COSTS

Black Diamond Plow Shares are semi-steel. They are heavier, longer wearing and less breakable than ordinary cast Shares. Made for Plows of all makes. Also Soles, Landsides and Bolts. Absolute fit and satisfaction.

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**Never Slept
Better
in my
Life!**



You can work harder, play better, prosper more if you have the right kind of sleep. Hundreds of tiny springs in the Marshall Spring Mattress form a resilient spring centre that conforms to and supports every curve of your body—result—luxurious comfort—perfect rest—truly health-giving sleep.

Your Marshall Spring Mattress will prove a priceless investment in good health. Let us show you this famous mattress to-day. A grade to suit every purse.

Sleepmaker	\$19.50
Newspring	\$25.00
Special	\$28.00
Premium	\$32.00
Regal (Cotton upholstered)	\$40.00
Regal (Hair upholstered)	\$42.50

A. Henderson Furniture Company, Ltd.

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Ladies' Specialty Shoppe

25% Discount on all HATS

New Two Piece Jersey Dresses \$3.95

Silk and Wool HOSE 39c - \$1.00

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Fine Line of Children's HOSE and Winter Underwear

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UPPER MAIN STREET

Aliotis Bros.
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UP FOR TRIAL

IRA FREDERICKS TO FACE
SERIOUS THEFT CHARGE

Ira Fredericks, charged with stealing two bars of metal valued at \$54 from the Dunbar foundry, came before Magistrate Aughterton in the police court here Friday afternoon and was sent up for trial. Leverett McElhinney and Jacob McIntyre told of the accused trying to sell them the bars in question, and Gordon Smith, garage proprietor said that he purchased the bars from Fredericks for \$2. Harry Dunbar told of missing the bars, and identified them. The Magistrate ruled the evidence sufficient to put Fredericks on trial and remanded him to jail when he failed to produce bail of \$3000. G. W. Montgomery appeared for the Crown and Hon. F. C. Squires for the defence.

HEALTH
by
Dr. J. B. Carr

A HEALTH SERVICE OF
THE CANADIAN MEDICAL
ASSOCIATION AND LIFE
INSURANCE COMPANIES
IN CANADA

COLDS AND PNEUMONIA

We are entering the season of the year when colds are most prevalent. Colds, if neglected, my result in the serious condition called pneumonia. It is well to consider what we may do to guard against colds, and, if we do contract them, how to prevent serious consequences.

In order to guard against colds, we should look after our general health. This means an adequate amount of sleep in a bedroom, the window of which is open wide enough to keep the air cool and in gentle motion. It also implies eating a good, mixed diet, but not overeating, and drinking plenty of water.

Sufficient clothing should be worn to protect the body from chilling and to keep it dry. Overclothing does more harm than insufficient clothing as it causes excessive perspiration and, later on, chilling. Out of door clothing should be removed indoors, as it is too warm for the indoor temperature. Unless he removes his outer clothing in doors, the person is apt to become chilled when he goes out again.

Colds are spread from one individual to another, so you should avoid coming in contact with people who have colds. The hands should be thoroughly washed before meals, and common drinking—and eating—utensils should be avoided. These simple precautions will help you to keep the germs which cause colds from gaining entrance to the body.

Do not dose yourself with medicines. The body can be kept healthy by hygienic living. Drugs will not be required, nor can they take the place of the reasonable care the body requires to keep it healthy and resistant to disease.

If at any time you feel feverish or ill, or if the symptoms of a cold appear, there is only one place for you to be—in bed. Beyond question, the best place for those who are suffering from a respiratory infection, whether it be the common cold or influenza, is bed. Have enough bedclothes to keep you warm, and open the window sufficiently to keep the air of the room cool and in gentle motion.

There is no drug or other remedy which acts as a specific cure for a cold. No medicine should be taken excepting what is ordered by your doctor. Drink a great deal of fluid such as water, milk, fruit juice and clear soups.

If you remain in bed until you fully recover, you are taking the one practical measure to prevent pneumonia or other serious complications. There is danger in getting out of bed too soon. The fact that many careless persons recover from colds does not alter the fact that it is among these same careless people that most of pneumonias develop.

Avoid colds, but if you contract one, go to bed.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

YACHTING AIDS FOR THE SAINT JOHN AND KENNEBECASIS RIVERS

Yachtsmen and power boat owners of New York, Boston and the New England coast, as well as those of Canada's eastern provinces will be interested to learn that the first official chart of the lower Saint John river in New Brunswick is now available. The chart shows lighthouses, shoals, buoys and other markings, and the principal villages and settlements along the river. The present chart shows the portion of the river between the city of Saint John and Evandale, and Gagetown will be printed. These aids to navigation, issued by the Department of Marine, Ottawa, will permit of many yachtsmen enjoying not only the splendid sailing afforded by the lower reaches of the Saint John, but also the social amenities of the yacht and power boat clubs of that portion of New Brunswick.

W. H. S. CADETS WIN

DEFEAT F. H. S. SECOND TEAM
6 TO 0

Woodstock High School Cadets defeated the Fredericton High School second Rugby team Friday afternoon at Island Park by a score of 6 to 0. The home team had considerable the better of play, especially in the first half when both their scores, neither of which were converted, were made.

Craig opened the scoring after a bout ten minutes play when he scooped up a heel-out from a five yard scrum and went over the line. Guthrie Jones got his team's second and final try toward the end of the half, as a result of a combined play by the three-quarters, ending in Jones taking a pass from White and running 25 yards through a broken field.

The second half was more even, but with the home team having the edge. J. B. Carr refereed.

Recommended Especially For GASSY STOMACHS

That Nothing Else Helped

Bisurated Magnesia not only relieves but it actually overcomes and conquers your stomach troubles—it drives out harmful acid and gas and helps keep it from coming back. IT ALWAYS WORKS because it's scientifically compounded for this one purpose.

A teaspoonful of pleasant-tasting Bisurated Magnesia in a glass of water and in 3 minutes, distressing gas pains and bloating are gone—

Taken regularly after each meal for one week: it puts any sickly, weak, unhappy stomach in normal working order again.

Though the cost of Bisurated Magnesia is small, nevertheless it's one of the most effective stomach conditioners you can buy today at any drug store—a wonderful antacid and digestant—unsurpassed in restoring proper, healthy digestion.

You want what's best for your upset, gassy stomach—so ask for and GET Bisurated Magnesia.

VANCOUVER TO DAWSON BY THE "INSIDE PASSAGE"

Those who are planning an extended vacation during 1933 would be well advised to consider that interesting trip from Victoria, to Dawson, Yukon, world-famed centre of the gold rush of '98. As motor with the exception of a distance of 100 miles from Skagway, Alaska, to Whitehorse, Yukon, over the White Pass and Yukon Railway—is made entirely by boat. A large part of the cruise includes the "Inside Passage" along the coast of British Columbia and the Alaskan Panhandle. Nearly all of the voyage is through waters which are exceptionally well sheltered by scenic islands and majestic mountain ranges, removing almost altogether any possibility of sea-sickness and the monotony of open seas.

The Inside Passage winds up the west coast of British Columbia past Queen Charlotte sound, Milbanck sound and Dixon entrance, where, against the horizon, may be seen the blowing of giant whales as they hump through the ocean. Through the port-holes, forested islands drift past, their reflections mirrored on the still waters. Lazy, health-giving days are spent on deck of the trim liners that carry summer sightseers to the northern wonderland. Deck tennis, dancing on the after-deck in the night-long twilight of the north, breath-taking views, an over-changing panorama, totem poles, glaciers, a thousand fiords and bays; these are some of the delights to be found along this rugged, timbered coastline.

On reaching Skagway, the Flower City of Alaska, the traveller entrains for Whitehorse; this part of the trip comprising one of the outstanding highlights in the whole journey. The route crosses and recrosses the narrow trail beaten hard by the thousands of men who toiled onward to Dawson City during the hectic gold-rush days of the latter years of the past century. At Whitehorse keen anticipation cannot fail to animate the visitor as he boards one of the steamers typical of the old storm-wheel Mississippi models, for the 460 mile run down stream to Dawson. The Dawson city of today, while retaining many landmarks associated with those eventful years, has comfortable hotels and many modern improvements. The trails of early days are largely replaced by motor roads and trips to such interesting places as Bear Creek and "The Dome", some 1,500 feet above the Yukon river, may be enjoyed. The whole trip presents many features of exceptional interest. Filled with mystery and charm throughout, it is surely one of Canada's appealing vacation attractions.

The National Development Bureau will supply on request maps, literature and special information concerning Canadian development, geography and travel.

Cook's Regulating Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.00; No. 2, \$0.50; No. 3, \$0.25 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor)



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1817

1932

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It has had wide experience in the banking requirements of Canadian business from coast to coast.

On account of its large resources, its national, provincial and local organizations, the Bank of Montreal is always in a position to discuss banking requirements and is always glad to do so.

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Established 1817

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TOTAL ASSETS IN EXCESS OF \$700,000,000

Woodstock Branch: D. G. SCOTT, Manager

Somebody always seems willing and able to finance the devil.

Believe it or not: A mountie riding a bicycle and carrying a whip.

If you don't care, you won't have "nerves."



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Swansdown Cake Flour Per Pkg 29c

Domestic Shortening, 20 lb pails per pail \$2.29

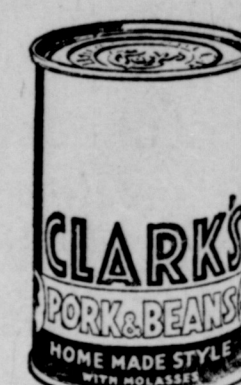
Simms No.3 Twine Mops each 18c

Singapore Crushed Pineapple 2 for 25c

Five Roses Flour 24 lb. bag 71c



YELLOW LABEL
1 lb pkg.
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(The New Home Made Style)
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