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"As a girl I was wonderfu . Pierce's Favorite Prescri ie all run-down, weak as with terrific backache avorite Prescription,' and ted my condition that I has de since. There is noth omen who suffer as Deck Prescription." — Mrs. Wi ton Street, E.

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S ONTARIO VETERINATISTY a Specialty. All mals treated on scientific th of the Guida-Advoca a Street, one door north

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at present. few extra good king and Black els. Also some le for crossing.

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with a remedy, as with everything. Zam-Buk enjoys an enviable repu-tation amongst remedies. Why? Zam-Buk enjoys an enviable reputation amongst remedies. Why? Because it justifies the claims made for it. Not cely does Zam-Buk cure skin troubles and injuries quickly and permanently, but the quickmess with which it ends pain and irritation makes it the most popular remedy wherever it is used. Then, too, Zam-Buk is the best preventive of blood-poisoning. Applied to an injury as soon as sustained, it destroys all germs and

tained, it destroys all germs and prevents festering. Zam-Buk is best for eczema, piles, rashes, boils, pimples, ulcers, burns, cuts and scalds. All dealers, 50c. box.

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Why Not Now?

OU have always promised yeurself that you were going to try our Bread. Why not NOW? Just get one loaf for a trial and note the flavor. You will be a steady custom-

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er ever after.

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Dr. W. G. Lumley, of Detroit, a former well-known physician of Glencoe, died

last week. Edward Parker, a former resident of Bothwell, died a few days ago in Detroit,

aged 35 years. Children Cry FOR FLETCHER'S CASTORIA Curious Customs and Cancer.

In parts of China where the head is shaved by public barbers the razors used are often dull and full of nicks, and the irritation of this scraping often causes cancer. Chinese mensuffer from cancer of the pharynx and esophagus due to their habit of eating very hot rice, which is thrown into the mouth forcibly with clop sticks. Chinese women eat after their lords and masters, when the rice is sticks. Chinese women eat after their lords and masters, when the rice is cold, and they never have this kind of cancer. In India much cancer is caused by the chewing of betel nuts. In some parts of the country women do not chew the nut, and are free of cancer of the mouth. In Kurdistan, India, the natives wear baskets filled with hot coals across their abdomens to protect them from the cold, and more than 50 per cent. of all the cancer in that region forms in the abdomen and groin, while in in the abdomen and groin, while in other countries such cancers are very

Always Learning.

"The Allies suffered defeat after defeat, but from each defeat they learned something," said a well-known orator. "It's like the advice which the editor of the Cinaminson which the editor of the Cinaminson Scimitar gave to an unlucky wooer who had been rejected by seven girls in turn. The editor wrote: 'Unlucky Wooer—Go ahead. Don't be discouraged. Never say die. You might have learnt a lot by what you have gone through. Strikes us you must hold something like a record. Well, stick all your experience together and make love to the next girl who comes round and takes your fancy. If she don't reciprocate, try another-Remember, you only want one girl to say "Yes," and she'll probably last your life'."

An Ancient Copper Foundry.

One of the most interesting discoveries by Egyptologists throws new light on the relative origin of copper and bronze in the Mediterranean countries. At Ortu Commidue, alongside some ancient copper mines of prehistoric age, a foundry has been uncovered with all the furnaces for smelting and moulds for casting just as it was abandoned thousands of years ago in the transition periods between the ages of stone and bronze. The methods then obtaining in the foundry industry as here demonstrated were most ingenious. — Family Herald.

Did Him No Good. Casey was sick, and the doctor pre-

Casey was sick, and the doctor pre-scribed an emetic for him. "Sure, doctor," said Casey, "an emetic will do me no good—for Oi have taken several an' could never keep wan on me stomach."

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears

Job for Santa Claus. In Evansville there are still a few cavaliers too old to be taken by the draft. The other evening one called on a woman who, it might be added in an undertone, also was beyond draft

dragged in a dilapidated doll. "I'm going to have Santa Claus bring her a new dress for Christmas so she'll look better," she informed auntie and the cavalier. The cavalier tried to be facetious.

me a new face, too," she giggled. apolis News.

"It's a good thing to depose a general if he makes a bad mistake." said Representative Britton, apropos of the new French law for trying the high

United States Exports. The United States exported 14.6 per cent of its wheat crop in the five years preceding the war, 1.7 per cent of the corn, 38.3 per cent of the tobacco, and 69.1 per cent of the cotton. In the three years before the war this country exported 1.1 per cent of its oats crop, 4.4 per cent of the barley, 2.3 per cent of the rye, and 0.5 per cent of **Proof that Some Women** do Avoid Operations Mrs. Etta Dorion, of Ogdensburg, Wis., says:

"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."

How Mrs. Boyd Avoided an Operation. Canton, Ohio.—'I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could

I would have to go through an operation before I could get well.

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421-5th St., N. E., Canton, Ohio.

Every Sick Woman Should Tr

LYDIA E. PINKHAM EGETABLE COMPO

Before Submitting To An Operation LYDIA E.PINKHAM MEDICINE CO. LYNN. MASS.

TRETTURE OF CAFE AU LAIT



Cafe au lait forms this smart tret-

ture that should appeal to many wo-

men. The surplies walst has a large

collar of beaver and the bell sleeves

are edged with the same fur. Tassels

TO DETECT IMPURE MATERIAL

Silk, Linen, Leather, Among the Vari-

ous Articles That Are Being Clev-

erly Counterfeited.

The "beware of imitations" line so

common in advertisements is really a

respondent. An almost limitless amount of ingenuity is devoted to pro-

ducing cheap substitutes for popular

rival the genuine, so it is well to know how their real quality must be tested.

Nothing, for instance, is more satisfying to eye and touch than pure linen

and most woman shoppers believe it has a distinctive "feel."

the next tablecloth you examine may be mercerized cotton, treated with

magnesia so that it counterfeits this

fabric up to the light. Along the threads of good linen tiny knots will

show. Cotton threads are smooth. An

infallible method is to soak a corner

of the napkin in glycerin. If it be

omes translucent it is pure linen; if it

An easy test is to hold the

It has, but mixed with the linen of

In appearance they

piece of good advice, observes a

of brown slik add an effective touch.

age.
During the evening her small niece

"You'd better have him bring her a new face," he suggested. The woman laughted and tried a fling at wit herself. "I wish he'd bring

Before the visitor could make a rejoinder the wee niece took up the conversation. "Then you wouldn't have to paint your old one over any more, auntie," she calmly finished.-Indian-

"You might say that a general learns by experience, that he profits by his errors. But the French people evidently hold that the man who only learns by experience never learns at

"'Experience,' they doubtless say, 'is a brush which is given to us after we have lost our hair.'
"Or again they say:

"'Oh, yes, experience is all right, but it doesn't seem to help us much. What's the good of knowing what the weather was like last night before

remains opaque it is cotton. Short skirts make stockings a distinctly conspicuous feature of woman's dress, so the demand was greatly increased for silk substitutes. Some are made of wood pulp, others of artificial silk. Cotton, of course, is mixed with good silk, and a poor quality product is given weight by treating it with

oxide of tin. Small particles of the

metal are scattered through the fabric,

which cut tiny holes or cause the garment to crack along a folded edge. The sure test for silk is to burn a bit of it. If pure scarcely a trace will remain, but a poor quality will leave one-third to one-half its weight in ashes. Beware of silk that has a hard feeling, or if it has a transparent look when held to the light. This means it is a mesh, filled in and

weighted with metal. Wool will disuppear if boiled in a solution of caustic soda. If the fabric be mixed with cotton the latter will remain undissolved. This is a valuable test, for it is hard to tell what goes into some articles guaranteed as "all wool." Blankets offer a good field for the imitator, sheep furnishing but little of the fiber in some of those labeled "half wool." Specimens of such have been found to contain but 10 per cent wool. These are made of a mesh cotton, filled in by means of an air blast with scraps of waste wool. The result is a soft, fluffy covering, but little of it will remain after a first or second washing.

Shoe soles are made of ground leather scrap mixed with paper pulp and rubber. Cowhide is split into half a dozen layers and the source of many an expensive alligator handbag or pigskin leggings once wore horns-perhaps was the pride of some dairy.

Corduroy Kimonos. Some new kimonos shown in some of the shops are a strange combina-tion of style and fabric. They are Japanese kimonos made of corduroy. But when you come to think of it, wouldn't they be delightfully comfortable? Think of wrapping one of them around you some cold winter day when the necessary restrictions in conl make the thermometer lower than comfort calls for. That is probably what their makers thought of. And so although kimozos of blue and rose corduroy embroidered with silk chrysanthemums seem a bit of a strange combination and contrast still they are a delightful concession to the cold that

A Religious Struggle.

A wealthy English gentleman on reaching home detected a strange and disagreeable odor pervading the place. He asked the footman whence it came. "Well, you see, sir," said Jeames, "to-day's a saint's day, and the butler, 'e's 'igh church, and is burning hincense, and the cook, she's low church, and is burning brown paper to hobviate the hincense, sir."

Modern Domesticity. Mrs. Jones—The cook refuses to get up earlier than 7.30.

Jones—Ask her if she won't do it for a couple of days until I can rearrance my business.

The most obstinate corns and warts fail to resist Holloway's Corn Cure.

rearrange my business.

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Clear Stomach, Clear Mind,—The tomach is the workshop of the vital unctions and when it gets out of order tunctions and when it gets out of order the whole system clogs in sympathy. The spirits flag, the mind droops and work becomes impossible. The first care should be to restore healthful action of the stomach and the best preparation for that purpose is Parmelee's Vegetable Pills. General use for years has won them a leading place in medicine. A trial will attest their value,

BUY W. S. STAMPS.

Executors' Notice to Creditors

NOTICE is hereby given pursuant to R. S. O. 1014. Chap 121, Sec. 56, and Amending Acts, that Il persons having any claims against the estate I SAMUEL B. HOWDEN, late of the Village of Vatford, in the Country of Lambton, shoemaker, eccased, who died on or about the 14th day of annarry, A.D. 17to, are required to deliver or end to the undersigned a statement and full articulars of their names and addresses and the scurity, if any, on or before the fifth day of pril, A.D. 1919. particulars of their names and addresses and the security, if any, on or before the fifth day of April, A.D. 1919.

AND take notice that after the said last mentioned date the Executors will proceed to distribute the estate amongst the parties entitled having regard only to the claims of which they then shall have notice and the Executors will not be liable for the estate of any part thereof to any person or persons of whose claims or claims they shalf not then have had notice at the time of such distribution.

Solicitors for Chester Howden and Mary Howden, Executors. Dated at Watford this 1st day of March, A.D. 1919. COWAN, TOWERS & COWAN,

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W. N. FLEETHAM - Proprietor. Successor to B. E. Fulcher.