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#### THE LAMBTON Farmers' Mutual Fire Insurance Company. (Established in 1875

J. W. KINGSTON President. THOS. STEADMAN, Vice-Pres. DIRECTOR. A. G. MINIELLY, THOS. LITHOOT JAMES ARMSTRONG. DIRECTOR. THOS. LITHGOW, JAMES SMITH, DIRECTOR DIRECTOR. W G. WILLOUGHBY, MANAGER AND

#### GUIDE ADVOCATE, WATFORD, JULY 12, 1912

### EATING VEGETABLES.

ew Valuable Points on a Subject of General Interest. Vegetables form a large part of the diet of every civilized nation. What would the Irish do without their po-tatoes, or the Chinese and Japanese without their rice? Fresh vegetables are very necessary if health is to be maintained; and sailors who go on long journeys require a certain amount of fresh green food and fruit otherwise they develop a disease known as "scurvy." For long the origin of this malady remained unknown, but it has since been proved that it is due to the ab-sence of these fresh green vegetable of General Interest.

sence of these fresh green vegetable foods. So, in winter time especially, we are apt to suffer from a deficiency of these foods, and care should be taken to obtain a certain amount of taken to obtain a certain amount of them every day. A few vegetables are good eaten raw, but the bulk of them undoubted-ly should be cooked, to a greater or lesser extent. The cabbage is an ex-ample of the former. It is a very healthful article of diet, and contains various "organic salts" which are highly beneficial. When cabbage is gooled much of When cabbage is cooked much of this nutriment is lost—boiled out into this nutriment is lost—boiled out into the water in which the vegetable is cooked, and only the "skeleton," so to say, is left. Cooking seems to de-stroy the life-giving properties — the vitality—of many foods. If cooked, vegetables should be placed in fast boiling water — first of all — as this tends to shrivel up the outer coating of the vegetable and keep the juices in the tender inside portions—instead of allowing them to boil out into the water so completely. water so completely. All vegetables contain various valu-able organic salts, without which life would be impossible. Vegetarians, or those who never eat meat, depend for their muscle-forming elements largely upon the bean, pea and lentil family, which form "the beafsteak of the vegetarians." But one of the most valuable pro-perties of these foods is the fact that

they contain a very large quantity of heat and energy-giving material. The meats contain little of this, and most of the other vegetables are also lack-ing in these. "carbohydrates." The cabbage family, comprising the cabbage, cauliflower, broccoli, spinach and other greens, are especially good for persons suffering from skin dis-eases of all kinds; also for those having anaemia, scrofula, gout and rheu-matism. All such greens should be

maism. An such greens should be eaten with caution, and thoroughly chewed or "masticated" before they are swallowed. Many persons find vegetables hard to digest. If so, they should eat them sparingly. Asparagus is by many considered a great delicacy and is certainly one of the choicest of all vegetables. It is considered to be especially good for nervous complaints and for diseases of the heart, including palpitation. Onions are noted for the large per-Onions are noted for the large per-centage of valuable salts they contain. They are especially good for kidney troubles—including gravel. They act also as good stimulants, tonics and laxatives.

> The Word "Scat." ns to be generally understo

Mountain Tobacco.

meaning. The wild dagga, another South African plant, poisons slowly any one using it.

The Lawyer's Fee.

"Yes," said the first burglar dis-gustedly, "I cracked a lawyer's house the other night, and the lawyer was there with a gun all ready for me. He advised me ter git out." "You got off easy," replied the other.

"Not much I didn't! He charged me \$25 fur the advice.

other.



CONSIDER the name! It means perfection, the best that can be made -Chewing Gum Satisfaction.

The Gum Tree flourishes in Central America-that's where we get the raw product-from selected plantations-where it is carefully packed and shipped direct to us.

Then it is cleaned and refined and made by modern processes in our big sun-lit factory and flavored to suit different tastes.

O-Pee-Chee is the purest and best gum made - It is good for you. It keeps the mouth and throat moist, fresh and clean - Perfumes the breath and aids digestion.

State your flavor when you buy O-Pee-Chee-It is sold by all dealers who sell the best gum.

# **0-Pee-Chee** Gum Co. Limited Canada London

HE DIGESTION-AIDE

# while leeling the pulse of a rady pa-tient-"I suppose you consider me an



you can afford, and you stay both edges with baby ribbon of a matching shade. That will prevent the silk length from sagging at either side while you are making a band by plaiting in one end, drawing it about your waist in soft, deep folds and, having measured the exact length required, plaited it across at that end. After that-without cutting the silk-you di-vide the remainder of the length into three even strips and make them into as many long loops. Two of these loops must extend oppositely from each other, running from a common knot, and from beneath that knot must fall the third loop. When the sash has been adjusted to the figure the two loops horizontally crossing the center of the back and the single long loop falling over the hips will

form a silk butterfly, and that is what the obl is supposed to represent.

Fruits and Flowers Molded In Gelatin. Fruits, flowers, raisins and citron can be molded in gelatin with a little experimenting. To do this put a layer of gelatin in the mold first and let it harden. Then arrange the fruits, rose petals or other decoration. Pour a layer of gelatin carefully over this, not disturbing the fruits. When this layer is set fill the mold. Angelica, which comes in long green sticks, is used for leaves of flowers. Candied cherries, almonds and other nuts are also used in making designs. The Italians cut gelatin into stars and different shapes, molding it in another gelatin. If plain gelatin is molded with a tube in the center it gives a clearer and more transparent look. The center may be filled with whipped cream or fruits. The list of flavors to be given gelatin is almost endless-fruits, chocolate, coffee, wine, lemon, orange, and so on.

Famous Recipe For Asparagus Sauce A famous cook gives the following recipe for an asparagus sauce in which a variety of seasonings are used: Put two tablespoonfuls of butter in a saucepan, stir in two tablespoonfuls of flour and gradually add a pint of white stock. Stir the sauce thoroughly while adding the stock to prevent lumps from forming. Then add a seasoning of salt and pepper, a slice of onion, a little slice of carrot, a bay leaf, a tiny bit of mace and a sprig of parsley. Let the sauce simmer for twenty minutes, then strain it and add enough tips to give a nice color and flavor to the sauce. Sometimes the tips are mashed and strained, but the bits of green are attractive, and the mashing and straining make extra work.

# **IN SUMMERTIME NA-DRU-CO** Wild Strawberry Compound It promptly checks Diarrhoea, Cholera Infantum, Cholera Morbus, Nausea, Vomiting and Summer Complaint. In 25c. and 5oc. bottles, at your ruggist's National Drug and Chemical Co. of Canada, Limited. 210 200

West Lorne's tax rate is only 15 mills. The Strathroy council has accepted Councillor Dunn's generous offer of the late James Manson's home to be used for hospital purposes only.

Among those appointed to the Civil service is Evan B. McColl, of Glencoe, to be assistant engineer in the Depart-ment of Naval Service at Ottawa.

When all other corn preparations fail, try Holloway's Corn Cure. No pain whatever, and no inconvenience in using m

Jas. S. Greenhill, who has been in the hardware business in Learnington for quarter ot a century, was presented with a gold watch by his fellow business gold watch by his fellow business ssociates, prior to his leaving for Detroit.



# FARM FOR SALE

941 ACRES, BEING RAST PART OF LOT 10, yood rich soil. There is a fair orchard and about ten acres of buss. On the premises are a good brick house, good outbuildings, and a never failing supply of Water, Possession given at any time. For further particulars apply on the premises. JAMES GBIFFETH, Brooke, June 21st, 1912.

Brooke, June 21st, 1912.



100 ACRES. BEING WEST HALF OF LOT 24, 100 Con. 2, Township of Plympton. The land is good rich soil, good orchard. 20 aores of good bush. beech, maple and elm. On the premises are a new two story brick cottage, main building 20x25, kitchen 18x18, conorete cellar under all the bouse, 6 rooms, 2 clothes closets, Bell telephone in the house, Good barn 40x58 and other outbuildings. 2 wells (one flowing). 8 acres of fall wheat in. For further particulars apply on the premises. MRS. FRANK ALEXANDER. Box 39, Manstead P.O. Plympton, June 7, 1912.



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J. F. ELLIOT, FIRE INSPECTOR J. MCEWEN AUDITOR. ALEX. JAMIESON, AUDITOR. PETER McPHEDRAN, Wanstead, P.O. AGENT, for Warwick and Plympton

### chological laboratory at a university you could determine that. The chronoyou could determine that. The chrono-scope, an instrument which measures time in thousandths of a second, tells the time exactly. Still, a quick ton-gued man could probably read a book through while a stattering man said "scat." Furthermore, to know how long it takes to say "scat" is not so very important anyhow. OSTEOPATHY DR. T. V. ANDERSON GRADUATE OF AMERICAN SCHOOL OF Osteopathy, Kirksville, Missouri, visits Wat-ford twice a aweek. Anyone desiring treatment address 16 Front SL, Satnia.

In Switzerland a weed called moun-W. C. BROWNE & SON In Switzerland a weed called moun-tain tobacco is smoked in great quan-tities. It is powdered before using and causes the smoker to become **a** mental and physical wreck. The na-tives of South Africa are peculiarly affected by smoking the dried leaves of the camphor plant. The smoker trembles with fright at nothing, weeps bitterly and uses all sorts of words which do not in the least express his meaning. The wild dagga, another South African plant, poisons slowly FUNERAL DIRECTORS LICENSED EMBALMERS **[wenty Years' Experience** Night and Day Calls promptly attended to. Phone 21. Residence, Corner Front and Warwick streets, Watford.

# Farmers, Attention

WE HANDLE

COCKSHUTT IMPLEMENTS MELOTTE CREAM SEPARATORS KEMP MANURE SPREADERS TORONTO WINDMILLS BUGGIES, WAGONS GASOLINE ENGINES LIGHTNING RODS EVERYTHING NEEDED ON THE FARM Call and let us talk matters over,

CAMERON & GRAHAM

OPPOSITE HOWDENS' GROCERY.

that there is no word of its letters that can be said quicker than "scat." "Why," replied the lady, "I had no idea you could ascertain a woman's thoughts by merely feeling her pulse." But just how long it takes to pro-nounce it is a question for modern experimental psychology. If you were a student in the psy-

A

#### Nighthawks.

Our common nighthawk thinks no-thing of having a summer home up in Alaska and a winter resort in Argen. tina and traveling the 7,000 miles be-tween twice a year. Its annual trip often covers 115 degrees of latitude.



From birth a Bedouin girl is the property of her eldest male cousin, and before she can marry any one else

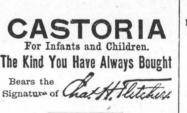


Mrs. Harry E. Bye, Main street north, Mount Forest, Ont., writes : "Your remedy for kidney, bradder and stomach trouble has given me great relief. Have taken three boxes and now feel like living and better than I had felt for years and I give yeur

### FIG PILLS

all the praise, for they are the best I have ever tried." At all dealers 25 and 50 cent boxes or mailed by The Fig Pill Co., St. Thomas, Ont. Sold in Watford by J. W. McLaren, Druggist.

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"Not much I didn't! He charged me S25 fur the advice.
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"About two years ago my hair, beard to come out in spots. These spots were entirely bare of hair.
Seeing PARISIAN SAGE advertised, and mustache started to come out in spots. These spots were entirely bare of the backet of lace which is support.
"About two years ago my hair, beard to come out in spots. These spots were entirely bare of the backet of lace which is support.
"About two years ago my hair, beard and mustache started to come out in spots. These spots were entirely bare of the druggist who sold him. "Bia papearance was so that the set of the druggist who and the backet of lace which is support.
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In the Court of Appeal, Toronto, Fri lay, the amount of damages awarded a the trial by Mr. Justice Riddell to Dr. Bateman against the County of Middle-sex, for injuries he received when his carriage was up-set on a defective road at night, was reduced from \$12,500 to \$10,000.

A meeting was held in Glencoe last week to consider local option, but did not definitely settle whether to submit a by-law next January or not.

### Drains leave Watford Station as follow GOING WEST GOING WEST Accommodation, 27...... 8 44 a.m. Accommodation, 29...... 2 45 a.m. Chicago Express, 5....... 9 27 p.m. GOING EAST C. VALL, Agent, Watford

TIME TABLE.

#### STACE LINES.

WATFORD AND WARWICK STAGE LEAVES Warwick Village every morning except Sun-tay, reaching Witford as 11.80 s.m., Returning eaves Watford as 3.45 p.m. Passengers and freights onveyed on reasona. Ic terms, C. KARNES, Popr.

WATFORD AND ARKONA STAGE LEAVE Arkona at 9 a, m, Wisbeach at 10.10 a, m, Seturning leaves Walford at 8.45 p. m, Passenger, and freight conveyed on reasonable terms,-WIL LIAM EVANS Prop

# Lost His Hair, Beard and Mustache

### Terrible Plight of a Pennsylvania Man **Reported by a Prominent Citizen :**

"About two years ago my hair, beard and mustache started to come out in spots. These spots were entirely bare of hair. DEDUCIAN CACCE