Is Absolutely To Health

PURIFIES

erful Tablets uices, Are The Tonics To d Enrich lood.

can flow only in can flow only in a clean body is one matter is regularly sinated from the li cannot be pure on is weak, when ot digest the food lowers do not move the kidneys are ted.

result of perfect of stomach, liver, skin.

y their wonderful organs, keeps the an as Nature in be clean.

ones up, invigo-arifies, cleans and n blood that is, iss life.

old by all dealers 2.50 trial size 250, eccipt of price by Ottawa.

MIES.

o. 17 C.O.F. gular meetings the id and Fourth lays of each h at 8 o'clock. ert Room over

, Watford. Smith, C. R. J Collier, F. Sec.

FARM OOD

attle oln Sheep Proprietor

LIST NG

Ontario

skly Star \$1 85 pire..... 1 85

. Press. . tiser... 1 65 2 00 1088.... cate ... 2 35

3 00 4 000 4 75 Press. Press. 3 00

tiser .. 3 00

3 00

tiser ..

EVISION illage of Watford

MBER 1st, 1915 of Watford. ER, Clerk.

EVISION

1st, 1915 f Warwick, ERT, Clerk

These are the Packages

The Red Ball on each package is the "Mark of Quality"

Lantic

Sugar

Extra Quality

Granulated

Pure Cane

Lantic Sugar

Extra Quality Granulated



Hermetically sealed against moisture and impurities.

No spilling, no waste; just cut a corner off the carton and pour out the sugar.

Sold in 2 and 5 lb. sealed cartons Weight Guaranteed



Lantic granulated is also sold in 100 lb. jute bags provided with snowy

white cotton linings and in 10 and 20 lb. white cotton bags. Look for the Red Ball on each bag.

Weight Guaranteed



Absolutely pure powdered sugar the sugar for fruits and cereals. The cartons have a moisture-proof inside waxed bag, which prevents the sugar from caking.

> Sold in 2 lb. sealed cartons Weight Guaranteed



Lantic Icing, extra fine ground, for confections, icings and cakes.

Absolutely pure sugar, with a moisture-proof inside waxed bag, which prevents the sugar from caking.

> Sold in 1 lb. sealed cartons Weight Guaranteed

Lantic Sugars are refined exclusively from Pure Cane Sugar. No hand touches the sugar from the refinery to your pantry.

Buy in Original Packages, and look for the Lantic Red Ball on each package. 3

Atlantic Sugar Refineries Limited ST. JOHN, N. B. MONTREAL, QUE.

FLOATING ISLANDS.

Japan Has a Lake of Them, and They Sometimes Capsize.

In Yamagata, Japan, is a small lake called the Lake of the Floating Islands, discovered about the year 1840, which has from that time attracted the attention of many poets and literary men. A report on the mysterious movements of these islands, drawn up by a party under Professor S. Kusa-kabe, is published in the science reports of the Tohoku Imperial univer-

The floating islands, which at times number no fewer than sixty, are found to be continually changing their posi-tions, moving first one way and then the other. In the first series of observations wooden floats were placed in the lake, showing the distribution of the various currents. Subsequently a model of the lake was constructed, and it was found possible closely to reproduce the various movements of the surface. When both water and wind currents were taken into account the actual behavior of the islands was found to be quite in accordance with theory and experiment.

The islands originate from masses of vegetable debris, which are first carried to the surface by bubbles of gas; then reeds commence to grow from seed on them. Sometimes the mass becomes topheavy and overturns, and reeds grow on the other side, until the island has grown sufficiently large in extent to secure stability.

TEST OF A TOASTMASTER.

His Speech, Whether It Be Good or Bad, Should Be Very Brief.

To the average man an invitation to "make a few remarks" after dinner is at once a terror and a secret pride. To be asked to be the toastmaster at a big dinner is usually taken as recognition of wit and knowledge.

The toastmaster's speech should be very brief. If he is a good speaker himself a speech of any considerable length imposes unfair competition upon the real speakers, usually visiting guests, whom he is to introduce. If the toastmaster is a poor speaker he bores the audience and the waiting guests as well. And in any event every minute occupied by the toastmaster is a robbery of the time of the real speakers of the evening, and an after dinner speaker may have a real message that needs delivery, and the long drawn introduction, with side lights and anecdotes, will really cheat

the audience of something worth while.
The toastmaster has a task of courtesy-to prepare the diners for the man who is to speak, to tame and train the audience into a proper frame of mind and to turn it over to the speaker in formed as to his identity, prejudiced in his favor a little perhaps, but certainly not in the reaction following a laugh raised by the toastmaster .- Boston Globe.

Are Foxes Vegetarians? Foxes are not generally accredited with vegetarian instincts. You never see their tracks, as you see those of rabbits, around a young oak tree shoot which has been nibbled down to the tough stem. But Aesop evidently thought otherwise when he wrote his fable of the sour grapes, and there is plenty of testimony that Aesop was right. Foxes do eat wild grapes, as many observers have testified, climbing a considerable way to get them, and probably at times they eat berries and perhaps apples. I have found their tracks, at any rate, beneath apple trees. I have also been confidently as-sured that they eat the persimmons in Virginia, that the "ol' houn' dawgs" know how good this fruit is, too, and if you wish to find the very best bee tree take a "dawg" with you. - Walter Prichard Eaton in Harper's Magazine.

A Famous Warhorse. The following inscription marks the grave at Strathfieldsaye of Wellington's famous charger, Copenhagen, which died in 1835 at the ripe old age of twenty-seven. This charger was buried with military honors:

God's humble instrument, though meaner clay, Should share the glories of that glorious

Copenhagen, it might be mentioned, was the grandson of the mighty Eclipse, and Wellington paid £400 for him. His powers of endurance were marvelous. "I rode him," said Wellington, "at the battle of Waterloo from 4 in the morning until midnight. If he fed it was in the standing corn and as I sat in the saddle,"-London Globe.

A Specious Plea.
"Your honor, if we can show that serious errors were made in the choosing of the jury would you grant us a new trial?" "That depends. What serious errors

"There were twelve of them. We thought we were selecting men who would acquit our client"-Louisville

Why suffer from corns when they can be painlessly rooted out by using Hollo-way's Corn Cure.

Courier-Journal.

WEAR SHOES for every SPORT and RECREATION Worn by every member of the family

MEDICAL.

SOLD BY ALL GOOD SHOE DEALERS

JAMES NEWELL. PH. B., M.D R. C. P., M. B. M. A., England. Watford, Ont.

OFFICE—Main St., next door to Merchants Bank. Residence—Front street, one block east of Main street R. G. KELLY, M. D.

Wattord, Ont. OFFICE—Main street, formerly occupied by Dr. McLeay. Residence—Front St., Rast.

THOS. A. BRANDON, M. D., WATFORD, ONT.

FORMERLY OF SARNIA GENERAL, HOS pital and Western Hospital of Toronto. OFFICE-Main Street, in office formerly ocupied by Dr. Gibson.

DENTAL.

GEORGE HICKS,

D. D. S., TRINITY UNIVERSITY, I. D. S., Royal College of Dental Surgeons, Post; graduate of Bridge and Crown work. Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth.

OFFICE—Opposite Taylor & Son's drug store, MAIN ST., Watford.

At Queen's Hotel, Arkona, 1st and 3rd Thursday, of each month

C. N. HOWDEN

D.D.S. L.D.S.

CRADUATE of the Royal College of Dental Surgeons, of Ontario, and the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crown-and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN ST.—WATFORD

Veterinary Surgeon.

J. McCILLICUDDY Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERIN ary College, Dentistry a Specialty. At diseases of domestic animals treated on scientific rinciples, Office—Two doors south of the Guide-Advocate ffice. Residence—Main Street, one door **north**

CIVIL ENGINEER.

W. M. MANIGAULT, ONTARIO LAND SURVEYOR AND CIVIL ENGINEER, STRATHROY, ONTARIO

Auctioneer

J. F. ELLIOT. Licensed Auctioneer.

For the County of Lambton. PROMPT attention to all orders, reasonable terms. Orders may be left at the Guide-

INSURANCE

J. H. HUME. AGENT FOR

FIRE, ACCIDENT AND SICK BENEVIT COMPANIES. REPRESENTING

Sive Old and Reliable Fire Insuran Companies !

If you want your property insured please call on J. H. HUME and get his rates. -ALSO AGENT FOR

C. P. R. Telegraph and Canada Permagen Loan and Saving Co.

Ficket Agent For C. P. R.—Ticket sold to all points in Manitoba, Northwest and British Columbia

THE LAMBTON Farmers' Mutual Fire Insurance Company. (Established n 187

J. W. KINGSTON JAMES SM TH JAMES ARMSTRONG, A. G. MINIELLY, THOS. LITHGOW, President. Vice-Pres. DIRECTOR. DIRECTOR. DIRECTOR GUILFORD BUTLER. W G. WILLOUGHBY, MANAGER AND SEC.-TREAS. J. F. ELLIOT, R. J. WHITE, FIRE INSPECTORS. P. J. McEWEN, ALEX, JAMIESON, AUDITOR. AUDITOR PETER MoPHEDRAN, Wanstead, P.Q. Agent for Warwick and Lympton.