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the pure cane sugar with "FINE" granulation that dissolves instantly, giving a clear bright syrup.

2 and 5-lb Cartons  
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Atlantic Sugar Refineries Ltd.  
Power Bldg. Montreal

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L. R. C. P. & S., M. B. M. A., England.  
Coroner County of Lambton,  
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**C. W. SAWERS, M. D.**  
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FORMERLY OF NAPEL) OFFICE—Main Street, formerly occupied by Dr. Kelly. Phone 23 A. Residence—Ontario Street, opposite Mr. A. McDonnell's. Night calls Phone 13 B.

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## SOCIETIES.

**Court Lorne, No. 17 C.O.F.**

Regular meetings the Second and Fourth Mondays of each month at 8 o'clock.  
Court Room over Stapleford's store, Main street, Watford.  
B. Smith C. R., J. Hume R. Sec., J. E. Collier, F. Sec.

FOR ADVANCE NOTICES in the Guide-Advocate of concerts, meetings, socials, church entertainments or notices of any gathering where an admission fee is charged, a collection taken up, or where the object of the notice is financial gain to some person or organization, five cents per line will be charged for each insertion. Minimum charge 25 cents. Six words make a line.

## A CENSORED LADY

American Author Whose Book Has Been Suppressed.

WAS AT FRONT TRENCHES.

One of the Four Women War Correspondents Sent Out by the Biggest Magazine Gives Her Definition of War—Describes Her Impressions Eloquently.

When the editor sent four women correspondents to the great war because he believed that "the big story of a war is never at the front, but in the hospitals and in the homes, that war is largely a woman's affair, and woman, I think, best understand the little things that go to make up the big story," Mary Roberts Rinehart, trained



MARY ROBERTS RINEHART.

nurse, wife of a Pittsburgh physician, author of several successful plays and many delectable stories, was one of the women picked by the magazine.

She interviewed both Queen Mary of England and the king and queen of the Belgians. Her description of refurbishing up her toilet before presenting herself at La Panne, her quest of shoe buttons in ravaged Belgium and her final transfer of those she had from the top of her boots to that section most prominent below her gown when she sat is one of the liveliest parts of her story. Her latest book has recently been suppressed by the British censor on the ground that it contained information of value to the enemy. When asked what effect the nearness of battle had on her own literary powers Mrs. Rinehart replied:

"I do not know how other writers are affected, but I could do nothing at the front. I wrote the interview with the king of the Belgians there and ruined a really fine opportunity. Of course I have had no newspaper training. But that was not the only trouble. For me writing has two phases, each distinct from the other. One is receiving and absorbing impressions; the other is giving them out. And between the two there must be a lapse of time to give me perspective, to let me see the 'high light,' as it were—to know what should be emphasized. It is a matter of proportion, as all writing is. That is why I think that the real literature of the war will come after the world is once more at peace.

"Once under a great strain I did write something that reflected my attitude of mind. I had just been through a bombardment by aeroplanes, and I wrote that night with cold hands and a hot head my definition of war. It is this:

"War is not two great armies meeting in a clash and frenzy of battle. It is much more than that. War is a boy carried on a stretcher, looking up at God's blue sky with bewildered eyes that are soon to close; war is a woman carrying a child that has been wounded by a shell; war is spirited horses tied in burning buildings and waiting for death; war is the flower of a race torn, battered, hungry, bleeding, up to its knees in icy water; war is an old woman burning a candle before the Mater Dolorosa for the son she has given for king and country!"

## Stuffed Sweetbreads.

Materials.—Six sweetbreads, a pint plain stuffing, one-half cupful mushrooms, sliced; toast, beaten egg, flavor, four tablespoonfuls butter, three-fourths cupful cream, a tablespoonful flour, two tablespoonfuls orange juice, cracker crumbs, salt and pepper.

Way of Preparing.—Parboil the sweetbreads until tender. Plunge them into cold water. Drain, wipe dry and trim into shape. Make a plain stuffing, as

for poultry. Cut a pocket in the sweetbreads and stuff. Then sew up the pocket. Melt the butter in the chafing dish, flour the sweetbreads lightly, then dip them in the beaten egg, roll in crumbs and fry in the butter in the chafing dish. Remove to a hot platter. Now add the flour to the butter in the chafing dish. When it bubbles add the orange juice, cream, mushrooms and salt and pepper to taste. Cook five minutes. Arrange six pieces of toast on a platter, place the sweetbreads on the toast, pour the sauce over and around, garnish with sliced oranges and water-cress and serve. These stuffed sweetbreads will be found delicious for a Sunday supper or an informal dinner.

## EDIBLE BIRDS' NESTS.

They Are a Delicacy in the Orient and Bring High Prices.

An important item in the export trade of Siam consists of edible nests of swifts, or swiftlets, as they are also called. The principal markets for this trade are China, Hongkong and Singapore. In Hongkong, it is said, the demand often exceeds the supply, and prices range from \$15 to \$25 per pound, according to quality.

The first nests constructed in the season, which are composed of pure saliva, are held superior for eating purposes. They are gathered on completion before the eggs are laid.

The birds then build again, and the second nests, in which the saliva is mixed with rootlets, grass, etc., and often shows traces of blood from the efforts made to produce saliva, are also taken on completion.

A third nest is then constructed of extraneous substances cemented together and the whole fastened to the wall by a little saliva, the flow of which seems to be practically exhausted. The birds are allowed to rear their young in these nests, which are afterward destroyed by the nest gatherers, so as to compel the construction of fresh nests the following year.

Edible nests of swiftlets are found in the Malay archipelago, Australia and many of the Pacific islands. In northern Borneo certain caves inhabited by these swiftlets produce \$25,000 worth of nests every year and show no diminution in the quantity, despite systematic robbery for seven generations.—Exchange.

## Churches in Colonial Days.

The New England churches in colonial days were all unheated. In Miss Earle's book on "Home Life in Colonial Days" we find that few of these places of worship had stoves until the middle of the last century. The chill of the damp places, never heated from autumn to spring and closed and dark throughout the week, was hard for every one to bear. In some of the log built meeting houses fur bags, made of wolf skins were nailed to the seats, and in the winter church attendants thrust their feet in them. Dogs, too, were permitted to enter the meeting house and lie on their master's feet. Dog whippers or dog pelters were had to control or expel them when they became unruly or unpearable.

The Last Asthma Attack may really be the last one if prompt measures are taken. Dr. J. D. Kellogg's Asthma Remedy will safeguard you. It will penetrate to the smallest bronchial passage and bring about a healthy condition. It always relieves and its continued use often effects a permanent cure. Why not get this long-famous remedy to-day and commence its use? Inhaled as smoke or vapor it is equally effective.

## The Inwardness.

"Please, ma'am," said the small boy on the doorstep, "ma says kin she bor-rer a can o' mustard."  
"Certainly," replied the housewife. "Is mamma going to make a salad?"  
"No, ma'am," declared the voracious child, "but pa said she gave him a pain in the neck, an' she wants ter sock a plaster on to him."

## Fixing the Reward.

"What do I get for this stuff?" asked the haughty amateur.  
"You get nothing from me for it as a manager," replied that individual, "but if I were a magistrate as well you'd get sixty days."

## What Did He Mean?

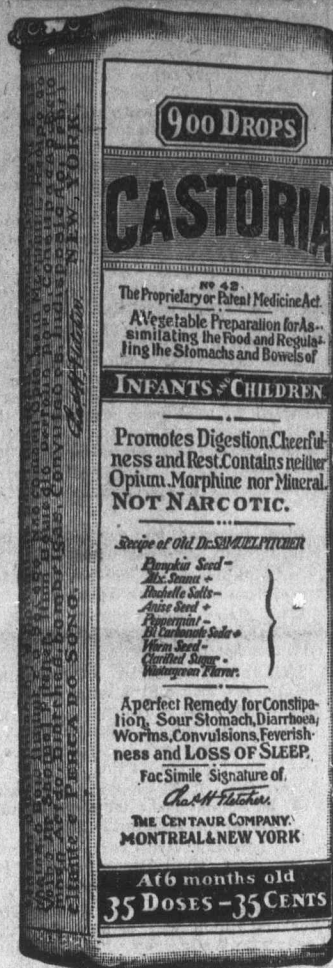
Hicks—You have a talking machine, haven't you? Wicks—Yes; I have two talking machines at my house. One you can turn off when you get tired of the line of talk, and the other one you can't.

## Editor Saved Him.

"I wrote a poem once."  
"Was it printed?"  
"No; the editor to whom I sent it proved himself a true friend."

At twenty years of age the will reigns, at thirty the wit, and at forty the judgment.—Gracian.

Holloway's Corn Cure takes the corn out by the roots. Try it and prove it.



Exact Copy of Wrapper.

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Mothers Know That Genuine Castoria

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