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Watford, Ont.

The Harmless but Effi-
ent remedy for Headache,
Neuralgia, Anaemia, Sleep-
lessness, Nervous Ex-
haustion, &c.
ALL DRUGGISTS, or by mail from
GWOOD, ONT.

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Wheat Kernells,
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Poultry Food.

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Iron Beds
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GinPills FOR THE KIDNEYS Why Demanded

"Gin Pills did for my husband and me what no other remedy could. I have advised two other parties to use them, one of them being my mother who has been a great sufferer for upwards of 20 years, and one box cured her, so as to enable her to sleep on her left side, something she could not do for many a year. The doctors told her they could not cure her, but could relieve her by an operation for a floating kidney, but on account of her age they did not think it advisable for her to go. Upon my advice she tried Gin Pills which cured her and for which she is ever ready to speak in terms of praise."

MRS. THOMAS H. PLESTID
Richmond, P. O. Box 115
P. E. Island

Your druggist sells GIN PILLS, 50c. the box.

National Drug & Chemical Co.
of Canada Limited, Toronto.

LOVELL'S Confectionery

ICE CREAM made from
pure cream just like velvet, put
up in sodas and all the latest
dishes.

Confectionery
fruits, bread
and cakes.

CHANNY FARM KERWOOD

Shorthorn Cattle
—AND—
Lincoln Sheep
ED. DeGEX, Proprietor
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Bell, Gerhardt, Heintzman, Marten
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Start without cranking.

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Best by every test.

Gramophones, Records and Supplies
of all kinds.

H. Schlemmer
Feb 15

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GUIDE-ADVOCATE, WATFORD

An English inventor believes he has
improved on the miners' safety lamp by
employing perforated plates instead of
gauze to admit gases to the flame.

To lessen the smoke nuisance, an in-
ventor proposes drawing locomotive
smoke beneath the engine and moistening
it so that the soot and cinders drop to the
ground.

HISTORIC BRENNER PASS.

This Alpine Gap is a Famous Pathway
For Great Armies.

The mighty Brenner pass is the Ther-
mopylae of Tyrol. From times im-
mortal the northern tribes have sought
the refinements and culture of the
south over this wonderful Alpine sad-
dle, first in fame among all the gaps in
the rugged Alpine defenses against the
north, and a way which has echoed to
the dying cries of warriors and clash-
ing accoutrements of myriad Roman
legions and to the noisy disorder of
the passage of many armies through
more than 2,000 years of restless his-
tory.

Innsbruck, the Tyrolean capital, is at
the northern terminus of this way,
while Botzen, the largely Latinized me-
tropolis of the south, lies 3,600 feet be-
low. Innsbruck is exclusively of the
northland, surrounded by plums, ap-
ples and fir trees, and Botzen, like Italy
beyond the mountains, is in the midst
of a region of vines, figs and olives.

Historic points crowd one another
along the Brenner. Guidestones of the
time of Caracalla and Septimius, Sev-
rus have been found buried here. Some
of the world's greatest generals have
traveled this path, north and south,
and here the Tyrolean peasant, An-
dreas Hofer, the simple, untalented Aus-
trian hero, proved himself greater than
one of the best officers of Napoleon.—
National Geographic Bulletin.

Conditions Reversed.
One of the finest examples of "paw-
ky" humor is placed to the credit of
an old gardener who was in the serv-
ice of Admiral of the Fleet Sir Alex-
ander Milne. The admiral was a grand
old man, full of goodness and kindness,
but a strict disciplinarian. The garden-
er having omitted to do something
which he had been told to do, his mas-
ter said to him:

"When I was on board ship I would
have had you put in irons for disobe-
dience."

The old gardener was not much per-
turbed at the idea, but, leaning on his
spade, replied:
"Aye, maybe, Sir Alexander, but
when you men tae dae ae job, an' noo ye
hae ae man tae dae a hunder jobs."—
London Tit-Bits.

Emotionally Senile.
I know no more dismal spectacle
than a man talking shop on a moonlit
hill in August, a woman gossying by
the rail of a steamer plunging through
the sapphire of the gulf stream or a
couple perusing advertisements through-
out a Beethoven symphony. I will not
advance as typical a drummer I once
saw read a cheap magazine from cover
to cover in the finest stretch of the Ca-
nadian Rockies. He was not a man,
but a sample fed, word emitting ma-
chine. These people, emotionally speak-
ing, are senile. They should not try to
read poetry—Henry Seidel Canby in
Harper's Magazine.

A Trick With an Egg.
Place two V shaped wineglasses of
the same size near the edge of a table.
In the right hand one put an egg, just
fitting the rim of the glass. Hold the
bases of the glasses firmly down, the
top rims touching each other. Now
with a quick, sharp breath blow upon
the line where the egg and the glass
meet. The egg will jump to the other
glass. With a little practice this can
be done every time. Be careful to blow
in a line with the left hand glass, or
the egg will jump in the wrong direc-
tion and land on the table.

Submarine Wonders of Hawaii.
Nowhere in this wide world are there
such rainbow fish as in Hawaii, of ev-
ery color and shade and hue. If there
is any tint or grandeur of tints in the
prism that is not reflected in the scales
of the finny tribes in the waters around
the islands I should like to see it. A
visit to the Honolulu aquarium (far
superior as it is to the world famous
one in Naples), or to the Coral gardens,
where we see the fish through a glass
bottomed boat, disporting themselves
in their own front yards, so to speak,
is well worth while.

Go Light on Buckshot.
Buckshot should be relegated to the
past along with the buffalo gun and
the market hunter's "cannon." It will
inflict a painful wound upon deer and
yet will not kill except at very close

quarters. Even the poorest shot can
usually score a hit with buckshot, and
he will in nine cases out of ten be
tempted into "letting her have it" when
the game is absolutely out of effective
range. About the only useful purpose
for which buckshot can be recommend-
ed is in self defense against a human
enemy at close range.—Outing.

The Total Sum.
The three children came and stood in
a row in front of their mother.
"Mamma," they said, "what would
you like for your birthday?"

The mother looked down benignly
upon the group and answered:
"My dear, mamma wants nothing
for her birthday, nothing but three
good children. She'd like that."

"But then, mamma," cried the eldest,
"then we'd be six."

Had an Answer.
"She looked killing."
"How can a woman look killing?"
demanded the purist.

"I suppose it is when she looks dan-
gerous," answered the resourceful party
of the first part.

Weights and Measures.
One-half kitchen cupful equals one
gill.

One kitchen cupful equals one-half
pint, or two gills.

Four kitchen cupfuls equal one
quart.

Two cupfuls of granulated sugar
equal one pound.

Two and one-half cupfuls of pow-
dered sugar equal one pound.

One heaping tablespoonful of but-
ter equals one ounce.

One heaping tablespoonful of
sugar equals two ounces, or one-
quarter cupful.

One cupful of butter equals one-
half pound.

Four cupfuls of flour (one heaping
quart) equals one pound.

Eight round tablespoonfuls of dry
material equal one cupful.

Sixteen tablespoonfuls of liquid
equal one cupful.

A Garden Hint.
Cuttings from many plants grow-
ing in the window garden will root
readily at this season, and in conse-
quence and greenhouses cuttings
should be made freely now.

Clean, sharp sand is the best for
rooting cuttings generally, though
geranium cuttings can be made and
potted up in thumb pots. The cut-
tings should be made just below a
bud, trimming off all the foliage ex-
cept a leaf or two at the top of the
cutting, and the top half of these
leaves may be clipped off.

Be careful to have the sand firm
about the base of the cutting, set-
ting it half its length below the sur-
face. Water thoroughly and shade
from the sun, not allowing the soil to
become dry.

What Women Can Do.
There are certain things women
can do on the lighter and more fancy
side of life on the land; but for a
life on the land it must be such as
will earn a living throughout the
twelve months of the year, and this
is realistic. In emergency women
patriotically inclined could render
service by becoming good milkers, in
tree grafting—a much bigger busi-
ness in the future than many con-
ceive—and so on; but they must do
it in earnest, and those who will sub-
mit to it should do it at once so they
may be trained by the time they are
most needed. The idea that three
weeks' training in farm work makes
an efficient worker must go by the
board; yet it was seriously entertain-
ed a few months ago.

Patti's Rules.
Mme. Patti, who has recently cele-
brated her seventy-third birthday, in
explanation of her perpetual youth,
says: "Up to forty I stunted myself
in nothing. After forty I took to a
comparatively strict diet, and since
then have eaten no red meat and
drunk only white wine and soda. I
never go to bed early."

Takake (pronounced take-ache) is the
surest and safest cure for sleeplessness,
lombago, rheumatism, sciatica, and all
forms of nervous exhaustion. Takake
pills are fifty cents a box at your drug-
gists, or by mail from the Georgian Mig-
Co., Collingwood, Ont.

Mail for Lambtons 149

All mail for soldiers in the 149th Bat-
talion should be addressed in care of the
Field Post Office, London, Ontario. To
avoid confusion and to ensure prompt
delivery the address should contain the
following information: Regimental No.,
Rank, Name and Company to which the
soldier belongs. Example:

Pte. James Peterson,
No. 84345, A. C. Co.,
149th Os. Bn., C. E. F.,
Field Post Office,
London, Ontario.

The government of New Zealand sup-
ports and regulates the beekeeping in-
dustry and maintains an experimental
apiary, where students are trained.

Every 10c
Packet of
**WILSON'S
FLY PADS**
WILL KILL MORE FLIES THAN
\$8.00 WORTH OF ANY
STICKY FLY CATCHER

Clean to handle. Sold by all Drug-
gists, Grocers and General Stores.

Ontario Department of Agriculture

Lambton County farmers adopt scienti-
fic farming. The campaign of the local
branch of the Ontario Department of
Agriculture, Petrolia, conducted this
Spring for the treatment of seed
oats for smut was responded to readily
by the farmers. By the reports from the
druggists throughout the County to the
District Representative there has been
an increase of 300 % in the sale of
formalin in the County this spring, over
last spring's sales. This means that
57,000 bushels of seed oats have been
treated for smut this spring; or enough
seed to sow 23,000 acres. This number
of acres is only a little better than one-
third of the total acreage of oats grown
in the County each year. The ravages of
Loose Smut of oats have been increasing
each year until last year reports show
that it lowered the yield of oats from 10%
to 15 % per acre. This increase in the
use of formalin on the seed oats will add
very materially to the value of the oat
crop this season. It will demonstrate to
the farmers within the County to their
own satisfaction that Loose Smut of oats
can be successfully combatted, increas-
ing the yield of grain, making thresh-
ings clearer, leaving the barn cleaner
and the straw brighter and more palat-
able to the stock.

The Department is calling attention of
the farmers to prepare to protect their
potato crop against Late Blight and Rot.
The disease is carried over from season
to season as mycelium in or on the
tubers. There is very little evidence
that their spores can live over in the soil.
The conditions favoring the disease are:
1st, humidity during July and August;
second, relatively low temperatures from
65 to 70 degrees, cool damp nights and
muggy days; third, excessive moisture in
soils, especially clay land.

To prevent this disease developing the
potatoes should be sprayed when about
six inches high with Bordeaux Mixture,
made from 4 lbs. of Bluestone, 4 lbs. of
unsalted Lime and 40 gals. of water,
spraying every ten days or two weeks.
This treatment, if fully carried out, will
combat the disease and increase the
yield of potatoes over and above a normal
yield. Further information and direc-
tions as to the use of Bordeaux Mixture
can be had by writing the District Repre-
sentative, W. P. Macdonald, Petrolia,
Ont.

It Is Not Always Easy

To apologize,
To begin over,
To take advice,
To be unselfish,
To admit error,
To face a sneer,
To be charitable,
To be considerate,
To avoid mistakes,
To endure success,
To keep on trying,
To forgive and forget,
To profit by mistakes,
To think and then act,
To keep out of the rut,
To make the best of little,
To shoulder deserved blame,
To subdue an unruly temper,
To maintain a high standard,
To recognize the silver lining,
BUT IT ALWAYS PAYS.

GLYCERINE AND BARK PREVENT APPENDICITIS

The simple mixture of buckthorn bark,
glycerine, etc., known as Adler-ika,
astonishes Watford people. Because
Adler-ika acts on BOTH lower
and upper bowel, ONE SPOONFUL
relieves almost ANY CASE of constipa-
tion, sour stomach or gas. It removes such
surprising foul matter that a few doses
often relieve or prevent appendicitis. A
short treatment helps chronic stomach
trouble. The INSTANT, easy action of
Adler-ika is astonishing. Taylor & Son,
druggists.

"WOMAN"

"She can be as wise as we.
And wiser if she wishes;
She can knit with cunning wit,
And dress the homely dishes;
She can flourish staff and pen,
And deal a wound that lingers;
She can talk the talk of men
And touch with thrilling fingers."
—Owen Meredith.

Children Cry
FOR FLETCHER'S
CASTORIA

ROLL OF HONOR

Men From Watford
and Vicinity Serving
the Empire

27TH REGT.—1ST BATTALION
Thos. L. Swift, reported missing
since June 15th, Rich. H. Staple-
ford, Bury C. Binks, L. Gunn Newell,
killed in action, Arthur Owens, F.
C. N. Newell, T. Ward, Sid Welsh,
Alf Woodward, killed in action, M.
Cunningham, M. Blondel, W. Blunt,
R. W. Bailey, A. L. Johnston, R. A.
Johnston, G. Mathews, C. Manning,
W. G. Nichol, F. Phelps, H. F. Small,
E. W. Smith, C. Toop, C. Ward, J.
Ward, killed in action, F. Wakelin,
D. C. M., killed in action, T. Wakelin,
wounded—missing, H. Whitsitt, B.
Hardy.

PRINCESS PATRICIA'S C.L.I.

Gerald H. Brown

18TH BATTALION

C. W. Barnes, Geo. Ferris, Edmund
Watson, G. Shanks, C. Jamieson, J.
Burns, F. Burns, C. Blunt, Wm.
Aunterson, S. P. Shanks.

2ND DIVISIONAL CAVALRY

Lorne Lucas, Frank Yerks, Chas.
Potter, Rus. G. Clark.

33RD BATTALION

Percy Mitchell, Lloyd Howden
Geo. Fountain, Gordon H. Patter-
son, died in Victoria Hospital, Lon-
don.

34TH BATTALION

E. C. Crohn, S. Newell, Stanley
Rogers, Macklin, Harle, Henry
Holmes, Wm. Manning, Leonard
Lees.

70TH BATTALION

Ernest Lawrence, — Emmerson,
C. H. Loveday, A. Banks, S. R. Wol-
ton, Thos. Meyers, Jos. M. Wardman,
Vern Brown, Sid Brown, Alf. Bull-
ough.

71ST BATTALION

R. H. Trenouth.

28TH BATTALION

Thomas Lamb.

MOUNTED RIFLES

Fred A. Taylor.

29TH BATTERY

Wm. Mitchell, John Howard.

ANTI-AIRCRAFT

Gunner Woolvet.

PIONEERS

Wm. McNally, W. F. Goodman.

ENGINEERS

J. Tomlin

ARMY MEDICAL CORPS

T. A. Brandon, M. D., Capt. W. J.
McKenzie, M. D., Norman McKenzie

135TH BATTALION

N. McLachlan.

3RD RESERVE BATTERY, C.F.A.

Alfred Levi

CIVIL ENGINEER.

W. M. MANIGAULT,

ONTARIO LAND SURVEYOR
AND CIVIL ENGINEER.

Box 800, STRATHROY, ONTARIO

GRAND ARCADE SYSTEM

TIME TABLE

Trains leave Watford Station as follows:

GOING WEST

Accommodation, 75.....8 44 a.m.
Chicago Express, 3.....12 13 p.m.
Accommodation, 83.....6 44 p.m.

GOING EAST

Accommodation, 80.....7 43 a.m.
New York Express, 6.....11 16 a.m.
New York Express, 2.....3 05 p.m.
Accommodation, 112.....5 16 p.m.

C. Vail Agent Watford

Fall Fair Dates

Strathroy.....Sept. 18, 19, 20
Petrolia.....Sept. 21, 22
Forest.....Sept. 23, 27
Sarnia.....Sept. 27, 28, 29
Eridgen.....Oct. 2, 3
Alvinston.....Oct. 2, 3
Watford.....Oct. 10, 11
Wyoming.....Sept. 29, 30
Wilkesport.....Sept. 25, 26
Glencoe.....Sept. 25, 26
Florence.....Oct. 5, 6

NOTE

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All stores
day, July 15
Miss Bess
n London o-
Rev. H. M.
in London t-
All kinds o-
olives, can-
Bros.

Mr. and I
Adam Right
this week.

Mr. and
family of C-
with Mrs. J.
A good as
towelings, a-
prices.—Ful

Mrs. Ben
her daughter
Eddie's Mill

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lion, spent
town.

Rev. H. J.
Miss Maude
Atwood wis-
the pastoral
dist church.

During Ju-
be a change
Methodist C-
day School
11 o'clock.