

nia, Ont.—"About 27 years ago I aken very bad, my blood, too, was I shape. I got so I had to go to di I was there for over three months, d not eat and suffered untold agony, three of the best doctors I could get inst sagmed nothing was going to just seemed nothing was going to me. I had almost given up. I at I would never be any better and illing to give up and die rather than as I was. A neighbor of mine told Dr. Pierce's wonderful remedies decided to use them. My husband t me six bottles of 'Favorite Premon'. 'I had not taken it long until better. In less than six weeks I t of bed, and in less than six months. cured and have been well ever since

my own work. I have raised three-iers, two are married and have n. They have used it and they althy, so are their children. I am-was all on account of my having-use the medicine. eep all of Dr. Pierce's medicines in eep all of Dr. Pierce's medicines in ouse. Have 'Favorite Prescrip-Golden Medical Discovery' and -Weed'—anything prepared by Dr. is good. I also have a copy of cople's Common Sense Medical r, which I have had 26 years; it m very valuable to me."—Mrs. J. 232 Ontario St., Sarnia, Ont.

u are a sufferer, if your daughter, sister need help, get Dr. Pierce's e Prescription in liquid or tablet rom any medicine dealer to-day. ddress Dr. Pierce, Invalids' Hotel, N. Y., and get confidential medice entirely free.

ost valuable book in any home incree's Common Sense Medical.

A splendid 1008-page volume, agravings and colored plates. A ill be sent to anyone sending fifty is tamps, to pay the cost of wrap-nd mailing only, to Dr. Pierce, N. Y.

Pierce's Pleasant Pellets are the little liver pills, first put up 50 years ago.

UNTY OF LAMBION

surer's Notice as to nds Liable For Sale Taxes, A. D. 1917

E NOTICE that the list of lands county of Lambton liable for sale ars of taxes by the Treasurer of inty of Lambton has been pre-y me and that copies thereof may in the office of the County Treas

FURTHER take notice that the inds for sale as aforesaid is now ublished in the Ontario Gazette in es thereof bearing date 14th, 21st h days July and the 4th day of

FURTHER take notice that in of payment of the taxes in upon the lands specified in said upon the lands specified in said ether with the costs chargeable as set forth in the said list somblished in the Ontario Gazette the day fixed for sale of such being the 20th day of October, 17, the said lands will be sold for irsuant to the terms of the adient in the Ontario Gazette.

FURTHER tose notice that iblication is made pursuant to the table and pursuant to the Act Revised Statutes of 1914, Chapter 195, Section 149.

1914, Chapter 195, Section 149,

at Sarnia this 16th day of July,

H. INGRAM, easurer of County of Lambton.

AVE you tried our Bread lately? It is the cheapest most, nourishing I that you can use. good from the outcrust to the inside crumb. 10c per loaf. nice fresh stock of Cakes always on hand.

RY AND CONFECTIONERY

D. HONE

ter and Decorator ONTARIO

WORK

IPT ATTENTION ASONABLE PRICES

ATISFACTION GUARANTEED

ESTIMATES FURNISHED INCE-ST. CLAIR STREET

How to Keep Fit After 40

Drink without eating and eat without

Five glasses of water a day, none with neals, will make you free of the doctors. Warm feet and a cool head need no

A bath, cold if you please, hot if you ust, with a good rub starts the day right. If you will save your smoke till after luncheon, you'll never have smoker's

Wearing the same weight under-cloth ing the year around will save you a lot of colds.

POWDER

CONTAINS, NO ALUM

MADE IN CANADAS

OF HONOR

From Watford

and Vicinity Serving

The Empire

27TH REGT.—1ST BATTALION

D c M, killed in action, T Wakelin. wounded—missing, H Whitsitt, B

PRINCESS PATRICIA'S C.L.I.

18TH BATTALION

Watson, G Shanks, J Burns, F

Burns, C Blunt, Wm. Autterson, S

2ND DIVISIONAL CAVALRY

33RD BATTALION

Geo. Fountain, killed in action Sept.

16, 1916, Gordon H Patterson, died

34TH BATTALION

E c Crohn, S Newell, Stanley Rogers, Macklin Hagle, missing since

Oct. 8, 1916; Henry Holmes, killed

in action Sept. 27, 1916, Wm. Man-

29TH BATTERY

Wm. Mitchell, John Howard.

70TH BATTALION

28TH BATTALION

Thomas Lamb, killed in action.

MOUNTED RIFLES

PIONEERS

Wm. Macnally, W F Goodman.

ENGINEERS

ARMY MEDICAL CORPS

Jerrold W. Snell, Allen W Edwards.

135TH BATTALION

N. McLachlan, killed in action

3RD RESERVE BATTERY, C.F,A

116TH BATTALION Clayton O. Fuller, killed in action

196тн Ватт.

70TH BATTERY

R. H. Trenouth, killed in action on May 8th, 1917; Murray M. For-

142ND BATTALION

GUNNER

R, N. C. V. R.

ARMY DENTAL CORPS

Elgin D. Hicks, H. D. Taylor.

ARMY SERVICE CORPS

98TH BATTALION

64TH BATTERY

Frank Elliot, R. H. Acton.

Arthur McKercher

Roy E. Acton.

C. F. Luckham.

ning, Leonard Lees, C Jamieson.

A., Corp. V. W. Willoughby.

Fred A Taylor

J. Tomlin

July 6th, 1917.

Alfred Levi

April 18th, 1917.

R. R. Annett.

Austin Potter.

Russ. G. Clark.

John J Brown

Victoria Hospital, London.

P Shanks, Pte. Walter Woolvett.

C W Barnes, Geo. Ferris, Edmund

Gerald H Brown

Men

Dress cool when you walk and warm when you ride. Your nose, not your mouth was given to breathe through.

Clean skin, clean sox, clean undervear every day. Don't sit still with wet feet. Walk antil you have a chance to change.

Never let a day pass without covering our miles on foot See how high you can hold your head and how deeply you can breathe when-ever you are out of doors.

Hot water quick is the best thing for a Short shoes and shoes that don't fit Thos. L Swift, reported missing, since June 15, 1915, Rich. H Stapleford, Bury c Binks, L Gunn Newell. est a lot in the long run.

Getting mad makes black marks on killed in action, Arthur Owens, F C N Newell, T Ward, Sid Welsh Envy, jealousy and wrath will ruin my digestion.

When you rob the trolley company of a nickel by walking you add a dime to your deposit of health. You'll never get the gout from walk-

Alf Woodward, killed in action M Cunningham, M Blondel, W Blun R W Bailey, A L Johnston, R A Johnston, G Mathews, C Manning W G Nichol, F Phelps, H F Small, Sleep woos the physically tired man, E W Smith, C Toop, C Ward, J Ward, killed in action, F Wakelin, she flouts the mentally exhausted.

The best record in gold is the record

> middle aged. Tennis up to the thirties, but golf after Nature never punished a man for gett-ing his legs tired. She has punished many for getting their nerves exhausted.

> Two hours of outdoor exercise by the master never yet made him over critical to the cook. Don't ask the heart to pump extra blood to the brain all days and then to an overloaded stomach all night.

Lorne Lucas, Frank Yerks, Chas. Tight shoes have sent many a man to ped with a cold.

Leg weariness never yet produced Percy Mitchell, died from wounds Loose clothes, loose gloves, easy shoes spell comfort and health. Oct. 14th, 1916; Lloyd Howden,

No wise athlete stands still after exer cise without puting something over him.

Open windows don't make half as many colds as closed ones do.

Blood pressure does not come to the men who walk a lot out of doors instead looks for those who sit and eat a lot indoors. Many a man finds too late that his

motor car has cost him more in health and legs than it has in tires and gaso-

A four or five mile walk daily makes our credit at the bank of health mount Ernest Lawrence, Alfred Emmerson. Nature won't stand for overdrafts any C H Loveday, A Banks, S R Whal-

more than your bank.

ton, killed in action Oct. 1916, Thos. Moyers, Jos M Wardman, Vern IT HAS MANY QUALITIES.—The man Brown, Sid Brown, killed in action who possesses a bottle of Dr. Thomas' Sept. 15, 1916, Alf. Bullough. C. F. It will cure a cough, break a cold, prevent sore threats; it will reduce the swelling from a sprain, cure the most presistent sores and will speedly heal cuts and contusions. It is a redicine chest in itself, and can be be got for a quarter of a dollar.

South Australia hopes to become a producer of radium, as it has discovered a deposit of uranium.

That it can be operated from distant points is one advantage of a new motor driven fire-alarm siren.

T' A Brandon, M. D., Capt. W J McKenzie, M.D., Norman McKenzie The importation of cooking utensils coated or lined with lead or any of its alloys has been prohibited in New Zealand. Eggs in Diet

From a bulletin published by State Agricultural College, New Jersey, U.S.A., entitled "Milk and Eggs," we extract the following information re the value of eggs in the diet.

Composition of the hen's egg compar-

ed with moderately lean beef

the body. The white of an egg is rich in sulphur.

VALUE AS FOOD

COMPOS

VALUE AS FOOD

By comparing the composition of the egg with that of lean meat it will be noticed that eggs make a good substitute for meat. Nine average-sized eggs weigh one pound and contain about the same amount of nourishment as one pound of beef. As eggs contain no starch or sugar they should be served with such foods as rice, bread, fruit, potatoes and other vege-tables or made into desserts with sugar, tapioca and similar materials.
DIGESTIBILITY OF EGGS

DIGESTIBILITY OF EGGS
Raw eggs are very easily digested.
The digestibility of cooked eggs depends
upon the manner in which they are cooked. They should be cooked at low temperature. Egg albumen begins to coagulate at 134 degrees F., becomes jelly-like
at 160 degrees F., and when heated to
the boiling point, 212 degrees F., becomes a tough leathery mass and very
indigestible. indigestible.

Nature's Law Rules in End

A man who is described as one of the reatest thinkers in Great Britain has this to say: "Nature's laws are automatic and must be obeyed. To go contarry to them with proclamations and acts of Parliament is sheer lunacy; nature never forgives the breach. Now, what is the natural law of scarcity? she has made of restored health to the what is the natural law of scarcity When a thing is scarce its cost goes up and up; then production is stimulated and consumption checked, and so equilibrium is gradually restored. But the ignorant clamor for maximum price and those who know better give way to it; then they will keep consumption unchecked and production unstimulated, and so let the scarcity grow to famine. There is only one place where law can be usefully employed, and that is, when necessary, in restraining the middleman if he tries to get extra profit by artificially increasing prices for his own gain."

Early Rising Farmer

Farmer A boasted that he was the Farmer A boasted that he was the earliest riser in the neighborhood. Farmer B thought he was lying and set out to prove it. He rose at 2 o'clock the next morning and went and rapped on Farmer A's door. His knock was answered by the housewife.

"Where's your husband?" he asked, expecting to find the boaster still abed.
"Si was around here early this morning," answered the wife, "but I don't know where he is now."

Six different kinds of seaweed are used by the Japanese in the manufacture of vegetable isinglass.

PUBLIC NOTICE

TAKE NOTICE that the Municipal Council of the Township of Warwick, intends at its meeting to be held at the Council Chambers in the Village of Warwick in the County of Lambton, on Monday the Fifteenth day of October, A. D. 1917, at one o'clock p. m., to pass a by-law closing up the following streets in the village of Warwick, in the Township of Warwick, in the County of Lambton, namely:

Guy Street from the south side of Meridan Street to the north side of Charles Street;

And Camden Street and Digby Street, from the south side of Burford Street to the north side of the north side of the council side of Meridan Street to the north side of Street to the north side of Surford Street to the north side of Ourseles Street.

And Camden Street and Digby Street, from the south side of Burford Street to the north side of Ourseles Street.

AND FURTHER TAKE NOTICE that at such meeting of said Council, the Council shall hear in person, or by his or her counsel, solicitor, or agent, any person who claims that his land will be prejudicially affected by the by-law and who a plies to be heard.

Dated this tenth day of September, A. D. 1917.

Dated this tenth day of September, A. D. 1917. 814-4t N. HERBERT, Clerk.

A Mortgage

A mortgage is a strange institution. It makes a man rustle, and it keeps him poor. It is a strong incentive to action, and a wholesome reminder of the fleeting months and years. A mortgage represents industry, because it is never idle and never rests. It is like a soldier; it never hesitates in charging nor fears to close on an enemy. It is like the grasp of the devil fish, the longer it holds the greater its strength. It will exercise feeling, energy and lend activity to the sluggish brain. No matter how hard the debtor works, the mortgage works still harder. It makes a fellow sour, cross, selfish, unsociable and miserable, and rarely does him any good to exercise him.

The Coal Situation

Ottawa, Sept. 29.-Cities and larger towns are better supplied with anthra-cite coal at present than they were at the same period of last year, according to reports received by the Cost of Living Commissioner. In smaller centres throughtout Canada, however, there is a grave shortage of hard coal. This statement of the fuel situation is based upon the reports of 2,500 coal dealers in various parts of the Dominion. The Cost of Living Commissioner's office is now simply investigating organization which discloses conditions and should action be required reports to the Fuel or Food Controller.

Carbonic acid gas is used in a machine of European invention to spray mortar or plaster on a wall and hasten its setting. Having a span of 328 feet, the new bridge across the Tiber at Rome is the longest reinforced concrete arch in the world.

A vacuum cleaner that can be placed upon and operated in connection with an ordinary carpet sweeper has been in vented.

CLEARING SALE OF FARM STOCK IMPLEMENTS, ETC.

The undersigned has received instruction from MRS. MARGARET BISSETT to offer for sale by public auction on the

Lot 1, Con. 13, Townline, Brooke Tuesday, October 9th, 1917 the following valuable stock, etc., viz.: 2 horses, 6 years old, 3 milch cows, 3 calves, 2 pigs, 27 colonies of bees, 50 hens, turkeys and ducks, 1 pony Deering binder, Deering mower, Chatham Wagon, buggy, buggy pole, cutter, Frost & Wood scuffler, grindstone, Percival plow, fanning mill, cutting box, small, Noxon seed drill, horse rake, disc harrow, set hook-tooth harrows, set light harrows, 4 sections, Melotte separator. harrows, 4 sections, Melotte separator, small corn sheller, wheelbarrow, gravel box, set double harness, set single harness, bay rack, wagon box, 2 oak barrels, washing machine, grass seeder, horse blankets, grain bags, robe spreads, chains, forks, hay knife, post auger, stoves, and a quantity of household furniture and other articles too numerous

Everything without reserve as farm

Sale to commence at one o'clock, TERMS:-\$10.00 and under, cash; over that amount 12 months' credit on approved joint notes. 6 per cent. per annum discount for cash on sums over \$10.00.

J. F. ELLIOT, Auctioneer.

CLEARING SALE

THOROUGHBRED STOCK

IMPLEMENTS, ETC. The undersigned has received instruc-

tions from ARCHIE S. WILEY To offer for sale by public auction on the premises

LOT 12, CON. 14, BROOKE

THURSDAY, OCTOBER 11th

THURSDAY, OCTOBER 11th

The following valuable stock, etc., viz: 1 heavy mare 4 yrs. old, supposed in foal to "Kings Frolic," 1 G. P. Mare 3 yrs. old, 1 gelding 3 yrs. old roadster, 1 filly 1 yr. old roadster, 1 filly 1 yr. old roadster, 1 span aged mares. Registered Shorthorn Cattle—7 cows—4 cows due to calve in Nov.; 1 cow due in January; 1 cow due in May; 1 cow due in June; 3 two-year-old heifers—1 due in Dec., 2 due in Feb., 2 yearling heifers, 4 heifer calves, 2 bull calves, 1 bull 2 yrs. old, 1 two-year-old steer, Grade; 1 yearling heiter, Grade; 1 brood sow, Tamworth; 9 young pigs 4 weeks old, McCormick binder 6ft, trucks and sheaf carrier, 1 McCormick rake 12ft., 1 Massey-Harris mower, 1 Massey-Harris drill, 1 Kemp manure spreader, 1 Bissel disc, 1 steel roller 8 x 30 Frost & Wood, 1 set hook tooth harrows, 1 set straight tooth harrows, 1 set straight tooth harrisw. roller 8 x 30 Frost & Wood, 1 set hook tooth harrows, 1 set straight tooth harrows, 1 set scales 2000 lbs., 1 hand cutting box, 1 plow No. 3 Wilkinson, 1 plow No. 5 Fleury, (new), 1 plow No. 30 Frost & Wood, 1 gang plow Merrickville, 2 corn scufflers, 1 wagon, 1 gravel box, 1 set Hastings sleighs, 1 hay rack, 1 stock rack, 2 sets heavy harness, 1 fanning mill; 1 car, rope and pulleys, about 100 loads of manure.

No reserve as proprietor is giving up farming. Sale to commence at 1 o'clock. Terms of Sale.—\$10 00 and under, cash; over that amount 12 months' credit on approved joint notes. 6 per cent. per annum discount for cash on sums over \$10.00.

J. F. ELLIOT, Auctioneer.



Women who are unaccus-tomed to hard work, such as

work in a munition factory, are subject to aches and pains if the Kidneys are not working properly.
Hundreds of women would

have had to give up their patri-otic work had it not been for Gin Dills

Perhaps you have had per-sonal experience of these dissonal experience of these distressing symptoms—pains in the sides and back, Rheumatism or Lumbago, constant headaches, swollen joints or urinary troubles. If so, profit by the example of other women war workers and take Gin Pills. Your money returned if you say you are not benefited.

Gin Pills are said at 500 a box or 6 boxes for 57.50. Sample free if you write to National Drug and

National Drug and Chemical Co. of Canada, Limited, Foronto U.S. Address Na. Dru-Co., Inc., 202 Main St., Buffalo, N.Y. 113

MEN WHO ENLISTED IN 149 BATT. AT WATFORD

wieut: W. H. Smyth, Headquarters

Deut. W. H. Smyth, Headquart Ottawa.
Leut. R. D. Swift, Scout Officer.
Sergt. W. D. Lamb
Sergt. M. W. Davies
Sergt. S. H. Hawkins
Sergt. E. A. Dodds
Sergt. W. C. McKinnon
Sergt. Geo. Gibbs
Sergt. H. Murphy
Sergt. C. F. Roche
Corp. W. M. Bruce
Corp. J. C. Anderson
Corp. J. Menzies
Corp. S. E. Dodds

Corp. S. E. Dodds
Corp. H. Cooper
Corp. C. Skillen
Corp. C. F. Sisson.
L. Corp. A. I. Small
B. Q. S.- B. C. Culley
C. Q. S.—C. McCormick
Pte A. Rapke.

Pte. A. Banks
Pte. F. Collins
Pte. A. Dempsey Pte. J. R. Garrett Pte. H. Jamieson

Pte. H. Jamieson
Pte. G. Lawrence
Pte. R. J. Lawrence
Pte. C. F. Lang
Pte. W. C. Pearce
Pte. T. E. Stilwell
Pte. A. H. Lewis, Band
Pte. G. A. Parker
Pte. A. W. Stilwell
Pte. W. J. Saunders
Pte. A. Armond

Pte. A. Armond
Pte. W. C. Aylesworth, Band
Pte. R. Clark, Bugler
Pte. S. L. McClung
Pte. J. McClung

Pte. C. Atchiso

Pte. C. Atchison
Pte. H. J. McFeley
Pte. H. B. Hubbard
Pte. G. Young
Pte. T. A. Gilliland
Pte. D. Bennett
Pte. F. J. Russell
Pte. E. Mayes

Pte. C. Haskett Pte. S. Graham Pte. W. Palmer Pte. H. Thomas

Pte. H. Thomas
Pte. B. Tremouth
Pte. E. A. Shaunessy
Pte. W. Zavitz
Pte. W. J. Sayers
Pte. Lot Nicholls
Pte. Lohn Lamb Pte, John Lamb Pte. Eston Fowler

Pte. E. Cooper.
Pte. F. A. Conne ly,
Pte. F. Whitman.
Pte. Edgar Oke. Pte. White

Pte. Wilson. Pte. Richard Watson, Can. Engineer. Pte, L. H. Aylesworth, Band. The Russian Siberian railway is to be eorganized by American railway men.

Division superintendents will receive the rank of major. Trainmasters, yardmasters and roadmasters will be captains and first lieutenants, while shop foremen, train despatchers and bridge and building foreman will rank as second lieuten-ants.

Burned but a few years ago as useless rubbish, there is now a wide demand for the waste from Spain's cork factories. An electric egg candler has been in-vented for use in public places where

the freshness of an egg can be demonstrated. An elecerically heated incubator for

the production of bacteria has been developed by a Salt Lake City scientist. Breweries in Argentina each year produce enough beer to give each resident of that country 2½ gallons.

Children Cry FOR FLETCHER'S CASTORIA



not to your taste return the tea and your money will be refunded. You can

not touch the above qualities in any package tea packed at ten cents higher.

--- The N. B. Howden Estate

TRY FIVE POUNDS and if it is

TEAS Black teas are scarce and high. Japans ad-

at 40c