

PERSONAL.

St. Catharines, Ont.—"Two years ago I was in a very nervous, generally run-down condition, so that I awoke in the morning more tired than when I retired. The doctors thought I had heart trouble and treated me for it but I got no benefit. I heard of Dr. Pierce's remedies through a friend who had been to your Invalids' Hotel for an operation (which proved entirely successful) and I at once got the 'Favorite Prescription.' I took three bottles altogether at the end of three weeks I felt entirely cured and have been well and strong ever since, without a single bad spell. I had been taking it about three months ago when I was glad to tell any one how splendidly your medicine has healed me."

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"Make Plenty of Jelly this Year"

Children must have sweets, and the most wholesome and economical sweets you can provide for them and the whole family are delicious home-made preserves and jellies made with

Lantic Sugar

"Pure and Uncolored"

2 and 5-lb. Cartons; 10, 20 and 100-lb. Sacks

LANTIC SUGAR is a pure cane sugar of "FINE" granulation specially suitable for preserving as it dissolves instantly and makes a clear sparkling syrup

PRESERVING LABELS FREE. Send us a red ball trade-mark cut from a bag or carton of Lantic Sugar and we will send you a book of 54 printed and gummed labels all ready for use. Address

Atlantic Sugar Refineries, Limited
Power Building, Montreal

FOR YOUNG FOLKS

Sleepy Time Story About a Noted Athlete of Olden Times.

HOW A FOOT RACE WAS LOST.

Fleet Footed Princess Took Great Delight in Displaying Her Marvelous Speed—Delay to Pick Up Golden Apples Caused Her Defeat.

Tonight, said Uncle Ben to Little Ned and Polly Ann, I will tell you about

A FAMOUS RUNNER.

Once there was a girl who could run faster than any man alive. This girl was a princess, the daughter of the king of Acadia. She had been well brought up, but she cared more for playing ball and running races and such boys' sports than she did for the nice ladylike amusements that her mother preferred for her.

Atalanta could run faster than the swiftest deer, it was said.

She was fond of daring other people to run races, and if they were strangers their surprise that a slender girl could outrun them was a treat for her at the end of the race.

As she grew up many handsome young princes would have liked to marry the princess, but she would have none of them.

"I won't have any one who can't run faster than I can," the spoiled princess would exclaim.

So whenever a new prince came along and asked her to marry him she would say very sweetly:

"Certainly, sir, if you can beat me in a race."

Every time the young man would be beaten.

But one day Hippomenes, a handsome young man of Acadia, said that he would like to run a race with the princess provided she would marry him if he could outrun her.

He was a very good looking young man, and Atalanta smiled at him as they started out, but she did not intend to let him beat her.

When they had gone a little way and Atalanta was just a little in front of Hippomenes he reached into his cloak and drawing out a golden apple, sent it rolling in front of the girl.

There was plenty of time, and she stopped to pick up the apple. Thus Hippomenes got a little ahead of her. When she caught up he threw another apple, and she stopped to get that one, sure she could make up lost time before the end of the race. But Hippomenes had a third apple, and he threw it so cleverly that Atalanta lost the race. He reached the goal first.

There was a grand wedding, and Hippomenes and Atalanta would have lived very happily had they not chanced to offend one of the gods. For this they were turned into lions. So whenever you see a lion or a lioness you can think of these two wonderful racers and the pretty story the old Greeks made up about them.

A Tragedy.

I'm a wee little mouse
In a great big house.
I have to hunt my food.
Sometimes it's old,
Sometimes it's cold,
Sometimes it's warm and good.
I had a little brother once,
With whom I used to play.
He wouldn't mind his mother
And ate his meals by day.
When he was tasting some dessert
He found within a cup,
A savage cat caught sight of him
And quickly ate him up.

The Zebra.

The zebra is as strong, swift and sure footed as a goat. Could it be tamed it would be very valuable. When a herd of these animals is attacked they form a circle, heads together, and defend themselves with their heels.

A Blunder.

"What on earth made you compliment Miss Fetchit on her taking ways?"

"Why not?"

"Don't you know the poor girl is a kleptomaniac?"—Baltimore American.

To ASTHMA SUFFERERS. Dr. J. D. Kellogg's Asthma Remedy comes like a helping hand to a sinking swimmer. It gives new life and hope by curing his trouble—something he has come to believe impossible. Its benefit is too evident to be questioned—it is its own best argument—it is its own best advertisement. If you suffer from asthma get this time-tried remedy and find help like thousands of others.

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-Advocate office.



MEN WHO ENLISTED IN 149 BATT. AT WATFORD

- Lieut. W. H. Smyth, Headquarters Ottawa.
- Lieut. 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. H. Cooper
- Corp. C. Skillen
- Corp. C. E. Sisson
- L. Corp. A. I. Small
- B. Q. S.—B. C. Culley
- C. Q. S.—C. McCormick
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. J. R. Garrett
- 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. W. C. Aylesworth, Band
- Pte. R. Clark, Bugler
- Pte. S. L. McClung
- Pte. J. McClung
- Pte. C. Atchison
- Pte. H. J. McFeley
- Pte. R. B. Haybarrd
- Pte. G. Young
- Pte. 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. F. Thomas
- Pte. B. Trenouth
- Pte. E. A. Shaunessy
- Pte. W. Zavitz
- Pte. W. J. Sayers
- Pte. Lot Nicholls
- Pte. John Lamb
- Pte. Easton Fowler
- Pte. E. Cooper
- Pte. F. A. Connelly
- Pte. F. Whitman
- Pte. Edgar Oke
- Pte. White
- Pte. McGarrity
- Pte. Wilson
- Pte. Richard Watson, Can. Engineer
- Pte. L. H. Aylesworth, Band.

Made the Supreme Sacrifice

- WATFORD AND WARWICK
- Lt.-Col. R. G. Kelly
- Capt. Thos. L. Swift
- Sergt.-Major L. G. Newell
- Pte. Alfred Woodward
- Pte. Percy Mitchell
- Pte. R. Atholton
- Pte. Thos. Lamb
- Pte. J. Ward
- Pte. Sid Brown
- Pte. Gordon Patterson
- Pte. F. Wakelin, D. C. M.
- Pte. T. Wakelin
- Pte. G. M. Fountain
- Pte. H. Holmes
- Pte. J. Stillwell
- Pte. Macklin Hagle
- Sergt. Clayton O. Fuller
- unner Russell Howard Trenouth.
- Pte. Nichol McLachlan.

Children Cry FOR FLETCHER'S CASTORIA

All-iterative

Sister Susie's shucking spud for soldiers Betty's baking Boston bread and beans Polly's planting parsnips and persimmons

Maggie's making mittens for marines, Nellie's knitting nighties for the navy, Brother Bob is busy with his bit. Bill is buying bonds to boost the battle Father's finding finances that fit; Helen's hoeing hominy for heroes, Ed has edged into the Engineer, Mike will make his mark in the militia, Steve sits in a submarine and steers,

Folks are going into it with earnest—A fact the kaiser very soon will see; So wireless him across the broad Atlantic He's got to fight the whole damfamilee.

—New York Mail

There is nothing repulsive in Miller's Worm Powders, and they are as pleasant to take as sugar, so that few children will refuse them. In some cases they cause vomiting through their action in an unsoiled stomach, but this is only a manifestation in their cleaning power no indication that they are hurtful. They can be thoroughly depended upon to clear all worms from the system.

A Satisfactory Range

"Pandora" Ranges never disappoint the cook. Also they last longer, maintain a more even temperature, use less fuel and require less attention than any other range you can buy. Write for free illustrated booklet.



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A Few Items you will soon require ---

- ELECTRIC IRONS.....\$4.50 to \$5.00
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- ELECTRIC LAMPS..... 40c to 60c
- PERFECTION OIL HEATERS

We have a few RADIANT HOME Heaters and HAPPY THOUGHT Ranges, bought at last year's prices, of which you get the benefit.

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NOTHING BUT THE BEST

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents for MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &C., AND ALL KINDS OF REPAIRS, NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES.

OUR PRICES ARE RIGHT, AS LOW AS IS CONSISTENT WITH RELIABLE GOODS

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PHONE 31.
FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAILERS

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD
FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL
AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE
Crapping and Rolling Done While You Wait
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Children Cry FOR FLETCHER'S CASTORIA