



Of all overworked women probably the housewife is the hardest worked. She is so much to attend to, with very little sleep. Her work can be lightened if she knows the value of system and she should take a short rest in the daytime. A physician who became famous almost all over the world, Doctor Pierce, of Buffalo, N. Y., the specialist in women's diseases, for many years practiced medicine in a farming district. He there observed the lack of system in the planning of the work.

If it is a headache, a backache, a sensation of irritability or twitching and uncontrollable nervousness, something is wrong with the head or back, a man naturally says, but all the time a real trouble very often centers in the brain. In nine cases out of ten the cause of the difficulty is here, and a woman should take rational treatment for it. The disorder should be treated judiciously and systematically with Dr. Pierce's Favorite Prescription.

For diseases from which women suffer "Favorite Prescription" is a powerful restorative. During the last fifty years it has rescued the lives of tens of thousands of women from the pain, worry, misery and distress caused by these diseases.

If you are a sufferer, get Dr. Pierce's Favorite Prescription in liquid or tablet form to-day. Then address Dr. Pierce, Medical Building, Buffalo, N. Y., and get confidential medical advice entirely free.

COUNTY OF LAMBTON

Treasurer's Notice as to Lands Liable For Sale for Taxes, A. D. 1917

TAKE NOTICE that the list of lands of the County of Lambton liable for sale in arrears of taxes by the Treasurer of County of Lambton has been prepared by me and that copies thereof may be had in the office of the County Treasurer.

AND FURTHER take notice that the list of lands for sale as aforesaid is now published in the Ontario Gazette in issues thereof bearing date 14th, 21st, 28th days July and the 4th day of August 1917.

AND FURTHER take notice that in lieu of payment of the taxes assessed upon the lands specified in said list together with the costs chargeable thereon as set forth in the said list so published in the Ontario Gazette on the day fixed for sale of such lands, being the 20th day of October, 1917, the said lands will be sold pursuant to the terms of the advertisement in the Ontario Gazette.

AND FURTHER take notice that publication is made pursuant to the Assessment Act Revised Statutes of Ontario 1914, Chapter 195, Section 149, -sec. 3, dated at Sarnia this 16th day of July, 1917.

H. INGRAM,
Treasurer of County of Lambton.
20w13

HAVE you tried our Bread lately? It is the cheapest and most nourishing food that you can use. It is good from the outside crust to the inside soft crumb. 10c per loaf.

A nice fresh stock of Cakes is always on hand.

DOVELL'S BAKERY AND CONFECTIONERY

VANDERBILT SYSTEM TIME TABLE

is leave Watford Station as follows:

GOING WEST
 Accommodation, 75..... 8 44 a.m.
 Chicago Express, 13..... 12 31 a.m.
 Accommodation, 83..... 6 44 p.m.

GOING EAST
 Accommodation, 80..... 7 48 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

Children Cry FOR FLETCHER'S CASTORIA

PEACHES

THE most valuable of all fruits for preserving. Home preserved peaches give at small cost, autumn's most luscious fruit for our winter enjoyment.

Lantic Sugar

"Pure and Uncolored"

is best for peaches and all other preserving. The clear sparkling syrup develops all the exquisite flavor of the fruit. Pure cane, "FINE" granulation. Experienced housekeepers order it by name all through the preserving season.

2 and 5-lb. cartons; 10, 20 and 100-lb. sacks.

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

ADDRESS
Atlantic Sugar Refineries, Limited
 Power Building, Montreal 649

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
 Chopping and Rolling Done While You Wait
 PHONE 39

Western Fair
 London, Canada
 Sept. 7th to 15th, 1917
 1867—"A half Century of Success"—1917

The Great Agricultural Exhibition of Western Ontario

\$32,000.00 in Prizes and Attractions

A very interesting Programme, including Military and other features—TWICE DAILY.

FIREWORKS EACH NIGHT
TWO SPEED EVENTS DAILY
 REDUCED RAILWAY RATES

Prize Lists, Entry Forms and all information from the Secretary.
 LIEUT.-COL. W. M. GARTSHORE, President. A. M. HUNT, Secretary.

THE ISLAND OF SERPENTS.

Quaint Legends Cluster Round Historic Spot.

Less than thirty miles east of Sulline, the only important Black Sea port remaining in the possession of Roumania since Field Marshal von Mackensen captured Constanza, is the tiny Island of Serpents, around which cling many fantastic legends of fascinating interest, as well as several historical episodes which at one time threatened to become of international moment.

Unlike the monotonous reaches of reed-covered marshland which stretch for fifty miles along the Roumanian and Russian shores to the north and south of the Sulina mouth of the Danube, and seldom attaining an elevation of more than two feet above the level of the Black Sea, the Island of Serpents, or Fido-nisi, thrusts its precipitous cliffs above the water to heights ranging from fifty to one hundred feet. It is a mere fleck of rock in a sea whose depth a few yards from the shore is twenty fathoms. The islet is scarcely more than a mile in circumference, but it has been a beacon guiding ships to the Danube for many centuries, its elevation being in such striking contrast to the delta-land of the great river.

In ancient times Fido-nisi had a variety of names, but Grecian poets and travellers referred to it most frequently as Louce of the White Island, on account of the numerous seafoams which at certain seasons of the year swarmed over its cliffs.

It was to this island that Thetis, the marine goddess, is supposed to have carried the ashes of her son Achilles, hence the temple erected here in honor of the hero of the Trojan war. Another legend relates that Thetis snatched the body of Achilles from the funeral pyre, that he was restored to life and that thereafter he lived on the island of Iphigenia, the daughter of Agamemnon, who had been saved from sacrifice by the goddess Artemis.

One of the most poetic descriptions of the island and its temple is given by Arrian in the account of his voyage around the Black Sea in the second century of the Christian era. He wrote:

"It is related that Thetis gave this island to Achilles and that he still inhabits it. His temple and statue, both of very ancient workmanship, are seen there. No human being dwells on it; it has only a few goats which mariners convey to it as votive offerings. Other offerings or sacred gifts are suspended in honor of Achilles, such as vases, rings, and precious gems.

"Seabirds, divers, and fowl innumerable frequent the island and the birds alone have the care of the shrine. Every morning they repair to the sea, and, dipping their wings in the waves, sprinkle the temple and afterwards sweep with their plumage its sacred pavement."

The name Island of Serpents grew out of the fact that numerous black snakes from four to five feet long were discovered here by mariners. Many of the reptiles are said to have fallen in the cisterns of the island and polluted the waters, which are now undrinkable.

The Amazons are supposed to have attempted to seize this island on one occasion, but the ghost of Achilles appeared and so terrified the horses of the female warriors that the riders were thrown and severely trampled upon, whereupon the expedition was abandoned.

This meager rock brought England and Russia to the verge of war sixty years ago, following the treaty of peace which ended the Crimean conflict. The island was not mentioned in the terms of the treaty and when Turkey sent a small party to relight the lighthouse which had been dark through the struggle of 1853-56, Russia attempted to take control of the beacon which stands as a guidepost to the Danube's mouths. England protested, and sent a fleet across the Black Sea to enforce her demands in behalf of her recent ally, the Sultan. Russia, after a brief resistance, yielded. The island passed into Ruman hands, when that nation threw off the Ottoman shackles in 1877.

The Perfect Girl.

The following are the attributes of the perfect girl as seen through Harvard eyes, some 50 bachelor graduates having recently, and after considerable discussion, agreed on them for the "girl that's worth while":

She is attractive, graceful, and healthy, but not necessarily pretty. She can dress tastefully and entertain anyone and make him feel at ease.

She can make bread as well as fudge, and cake as well as a "rare-bit."

Her dancing is not necessarily latest, her tennis is not necessarily up to the standard, but she is appreciative of the dance and of the sports.

She is broad minded, sympathetic, tactful, unselfish, optimistic, thrifty, of good disposition, and moderate in all things.

She can stand reverses without worry.

She is gentle to children and kind to older people, especially to her parents.

She has a broad education, but not necessarily a college one.

She is modest and true and home

PILES

Zam-Buk ends the pain, and stops bleeding. Try it!

All dealers, 50c. box.

Zam-Buk

loving. She has good social standing, is of a religious nature, and is not "too proud to pray."

Largest Flower in the World.

It is believed that the island of Mindanao produces the largest flower in the world. Its habitat is high up the Parag Mountain, two thousand five hundred feet above the level of the sea. The natives give it the name of Bolo. Its full-blown blossom, five-petalled, is over three feet in diameter and weighs twenty-two pounds. The flower was first found in Sumatra and was called Rafflesia Schadenburgia, in honor of its discoverer.

Some Golf Shot.

A Glasgow golfer vouches for the following: "Playing over the Cathcart castle course one evening last summer with two friends, we were approaching the fourth green, which is of the plateau type. Having played my second, I was preparing to walk toward the green when the air was rent with loud laughter and shouting. On going forward to inquire the cause of the hilarity we learned that my shot had overrun the green, passed between the legs of the player who was at the moment in the act of driving from the fifth tee (the fifth being at right angles to the fourth), knocked his ball from the tee, and his club, descending, had made a perfect shot with my ball to the edge of the fifth green, 175 yards away."—Golfer's Magazine.

Old Time Oratory Unpopular.

The definition of "oratory" is difficult, but in the public mind that form of public speaking called "oratory" is either amusing or offensive. It is suggestive of the mouthing and ranting of some old time tragedian who roared and bellowed on the stage. The public of today will stand for eloquence which bears the mark of sincerity, but the old form of "oration" with gestures of practiced grace, frequent allusion to Greek and Roman history and plentiful quotations from the poets no longer stirs men to great depths or heights—Exchange.

Keep to the Ridges.

When tramping through a country that has many streams it is usually better to get upon the nearest ridge and follow that than to try to make your way along the course of some stream. The ridge will give you a better outlook and drier walking, while the stream may have to be crossed a number of times and, if its windings are followed, will add miles to your journey.—Outing.

Tough.

"What kind of bird do you call this, waiter?"

"A canvasback duck, sir."

"Well, if you'll get me a pair or scissors so I can rip off the canvas I'll try to make a meal of it."—St. Louis Post-Dispatch.

A Great Oak Tree.

Audobon park, New Orleans, claims in the Washington oak the largest tree of its species in the world. Its wide-spreading branches are festooned with funeral Spanish moss.

Sure Reward of Patience.

Never ask a woman for her reasons. If you will only keep still and wait awhile she will give them to you.—Boston Transcript.

SORRS FLEE BEFORE IT.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Electric Oil, which acts like magic. All similarly troubled should lose no time in applying this splendid remedy as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

CHANTRY FARM KERWOOD

SPECIAL OFFERING

Can spare a few good Short-horn females. All correspondence promptly answered

ED. DeCEX, Proprietor
Kerwood Ontario

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 15, 1915, Rich. H. Stapleford, 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. Blun 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, J. Burns, F. Burns, C. Blunt, Wm. Auterson, S. P. Shanks, Pte. Walter Woolvett.

2ND DIVISIONAL CAVALRY
 Lorne Lucas, Frank Yerks, Chas. Potter.

3RD BATTALION
 Percy Mitchell, died from wounds Oct. 14th, 1916; Lloyd Howden, Geo. Fountain, killed in action Sept. 16, 1916, Gordon H. Patterson, died in Victoria Hospital, London.

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. Manning, Leonard Lees, C. Jamieson.

29TH BATTERY
 Wm. Mitchell, John Howard.

70TH BATTALION
 Ernest Lawrence, Alfred Emmerson, C. H. Loveday, A. Banks, S. R. Whalton, killed in action Oct. 1916, Thos. Meyers, Jos. M. Wardman, Vern Brown, Sid Brown, killed in action Sept. 15, 1916, Al. Bullough, C. E. A., Corp. V. W. Willoughby.

28TH BATTALION
 Thomas Lamb, killed in action.

MOUNTED RIFLES
 Fred A. Taylor

PIONEERS
 Wm. Maenally, W. F. Goodman.

ENGINEERS
 J. Tomlin

ARMY MEDICAL CORPS
 T. A. Brandon, M. D., Capt. W. J. McKenzie, M. D., Norman McKenzie Jerrold W. Snell, Allen W. Edwards.

135TH BATTALION
 N. McLaughlan, killed in action July 6th, 1917.

3RD RESERVE BATTERY, C.F.A.
 Alfred Levi

116TH BATTALION
 Clayton O. Fuller, killed in action April 18th, 1917.

196TH BATT.
 R. R. Annett.

70TH BATTERY
 R. H. Trenouth, killed in action on May 8th, 1917; Murray M. Forster.

142ND BATTALION
 Austin Potter.

GUNNER
 Russ. G. Clark.

R. N. C. V. R.
 John J. Brown

ARMY DENTAL CORPS
 Elgin D. Hicks, H. D. Taylor.

ARMY SERVICE CORPS
 Frank Elliot, R. H. Acton, Arthur McKecher

98TH BATTALION
 Roy E. Acton.

64TH BATTERY
 C. E. Luckham.

Fall Fair Dates—1917

Strathroy.....	Sept	17-18
Petrolia.....	"	20-21
Bosonquet.....	"	20-21
Sarnia.....	"	24-25-26
Forest.....	"	26-27
Glencoe.....	"	27-28
Bridgen.....	Oct	2
WATFORD.....	"	2-3
Wyoming.....	"	4-5
Florence.....	"	4-5
Alvinston.....	"	-10