

The Harmless but Efficient remedy for Headache, Neuralgia, Anemia, Sleeplessness, Nervous Exhaustion, &c.

RIGHT!

you want to be the finish in the fight the world ever known, a for honor, home country. Then en-

MBTONS 149

to Lambton

Money

that is worth so much done your Duty.

IG MILLS

buy all kinds of

& CO.

Wheat Mennella, r. All Kinds of Poultry Food.

ock of LOCK FOOD

SES MEAL

IN EXCHANGE

While You Wait

ANTED!

MORE MEN

AMBTONS 149

said you would

when needed.

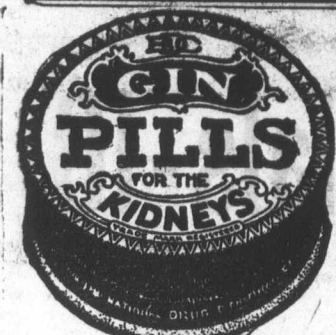
LIST TO-DAY

AMBTONS 149

BROS.

NTS UNDERTAKERS

Business Bringers



Stop Backaches

Don't complain about pains in your back when the remedy lies right to hand. Gin Pills stop backaches, and they are in an easy natural way by going right to the root of the trouble.

Gin Pills FOR THE KIDNEYS

Gin Pills act on the kidneys and the bladder. They soothe and heal the inflamed organs, which are causing the suffering. Neglect your kidneys and swollen hands and feet, wrists and ankles, are likely to follow. A dose of Gin Pills in time saves a world of pain.

You will realize their value when you read what Mrs. J. P. T. Wedge, of Summerside, P.E.I., writes:

"Gin Pills are the greatest of all Kidney remedies and a medicine which is at present doing me a world of good. They are worth their weight in gold to any sufferer."

Get GIN PILLS today at your dealer's. 50c. a box, or 6 boxes for \$2.50. Trial treatment FREE if you write.

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

FARM FOR SALE

100 acres, being Lot East half of 20, con. 5, S. E. R. Warwick, known as the Harrower Farm. Soil clay loam. On the premises are a frame house and frame barn. Small orchard. Creek at rear of farm. All now seeded down. Suitable for pasture farm. Convenient to churches and schools being within one mile of Watford. Possession given in spring. Apply to ROBT LONG, Lot 20, con. 14 Brooke, Watford, P. O.

FARM FOR SALE

50 acres, lake road, Bonasque, Lambton Co., eighteen acres especially adapted for peach or small fruits. Apple orchard of about 150 trees. Standard varieties all bearing. House and barn in fair state of repair. Farm is situated about one mile from the lake, only a few rods from Ravenswood, where there is a school, church and store. On telephone and rural mail circuits. Owner has retired in eastern Ontario, and desires quick sale. Terms suitable to purchaser. Full particulars on application to Box 123, Forest, 111-4.

Fall Fair Dates

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

Can Little Girls Help?

Can little girls help in patriotic work? Here is an incident which occurred the other day in Montreal. One of the chapters of the Daughters of the Empire was meeting when two little girls arrived and shyly looked about the room where the women were at work. Some thought that they had come to look for their mothers who might be at the meeting. But, no. They had some more weighty reason. In a few minutes the story came out. They had five dollars which they had brought to give for soldiers' socks. Five dollars seemed a lot for two wee girls to give, until the fact was divulged that they had gone without any Christmas dolls or Christmas goodies, and had saved every cent until they had five dollars between them, to give to the soldiers.

Corn cramp the feet and make walking a torture, yet sure relief in the shape of Holway's Corn Cure is within reach of all.

Soaking in sour milk, followed by a rinsing in water to which a little ammonia has been added, will polish silver-ware.

An imitation bone for cutlery handles is made of seaweed.

RUN-DOWN WOMAN

Made Strong By Our Vinol

Fort Edward, N.Y.—"I was in a run-down, nervous and weak condition, so I could not do the housework for my little family of three. I had taken cod liver oil emulsions and other remedies without benefit. A friend told me about Vinol. I tried it and it soon built up my strength and made me a well woman so I now do all of my housework."—Mrs. BLAKE GLIDDEN.

We guarantee Vinol, our delicious cod liver and iron tonic, for all run-down, weak and debilitated conditions.

Taylor & Son druggists, Watford

An Impossible Ideal?

Perhaps, after all, the real danger is not that women will ever forget the value of the home and their obligation to it, but that men will never entirely learn them.

We are indebted to that gifted and charming essayist, Elizabeth Woodbridge, for the following: "To say that it is woman's task to make the home is to miss its most exquisite meaning. No one of the group can make the home, though any one can mar it. It must be made by all for the uses of all."

Well, if it is one thing for all to use the home, it is another thing for all—and by that we mean every one under the roof-tree—to help make the home.

And we will probably never learn the true significance of this difference unless we first distinctly understand that making a home is more, far more, than a matter of cooking food and making beds, of fetching and carrying and running the vacuum cleaner.

There can be no quarrel with that division of labor which makes household tasks very largely a woman's business and breadwinning outside the home a man's business.

But after both men and women have accomplished this much there still remains the finest part of the task of homemaking.

It lies in heart interest, in love for the home as an institution and in a thorough belief in its sacredness. A woman once said, "I can conceive of such a fine interpretation of the meaning and value of home that in case of difficulty or disagreement between two people the very ideal of the home itself would outweigh the personal element and conserve unity."

The idea that two people might be willing to submerge personal differences to the larger ideal of home itself may be an ambitious conception, but surely not impossible. And in this role of homemaker a man may serve as largely and as truly as a woman.

A NOVEL HAT.

This Chapeau Has All the Winter Hallmarks of Style.

Brilliant, tall crowned and of black velvet, this interesting hat answers two other dictates of fashion, in that



JANUARY READINESS.

It features a stickup of glazed leather edged with fur. This kid wing is secured by two black velvet buttons neatly placed.

Chiffon Powder Puff Bags.

It is not a difficult feat to manufacture a wide mouthed bag from pink, blue or lavender chiffon gathered on to a round or oval embroidery ring. Hangers of satin ribbon to match the bag should be fastened across like the handle of a basket and tacked to the ring on either side with rosettes of the ribbon and small chiffon or satin roses. Within the bag put a dozen small puffs made of absorbent cotton, drawn in at one side like a made puff by a string of narrow ribbon. Hung in the guest room or on any dressing table these individual puffs will prove useful where there are visitors, and the puffs can be replaced as those used are thrown away.

Welsh Rabbit.

Cut one or two slices of white bread

about a quarter of an inch thick, toast on both sides and butter well. Take half a pound of cheddar cheese, grate it and put it into a small pan with two tablespoonsful of cream, a teaspoonful of mustard, a dust of pepper, and stir these all together over the fire till the mixture is like cream. Cut the toast into square pieces and place them on a hot dish. Pour the cheese mixture over them and serve at once.

Club Sandwiches.

On a slice of bread put a lettuce leaf, next slices of thin crisp bacon, next slices of chicken and mayonnaise; then cover with a slice of bread and toast lightly on either side.

LUNCHEON DISHES.

Three Appetizing Ways to Serve Rice, Cheese and Eggs.

Eggs Poached in Cheese.—For six eggs take six tablespoonsful of grated cheese, one cupful of white sauce and six pieces of toast. Cut the toast with a large round cookie cutter, poach the eggs, lay them on the toast and pour over them the white sauce, to which the grated cheese has been added.

To make the white sauce, melt one tablespoonful of butter in a frying pan. Stir in one tablespoonful of flour and then pour in a cupful of sweet milk, stirring gradually until it makes a smooth paste. Let it come to a boil.

Escaloped Rice.—Scald a cupful of milk and thicken it with two tablespoonsful of flour. To this add half a pound of grated cheese. (The cheese may be cut into small pieces without being grated.) Season it with one-half teaspoonful of salt. Have ready three cups of rice boiled in separate grains and alternate this in a casserole dish with layers of the thickened milk. Spread crumbs over the top, grate a little cheese over the crumbs and set the dish in an oven to bake until brown.

Italian Rice.—Have ready a half cupful of freshly cooked rice. Put into a steppan one teaspoonful each of butter and flour. Rub together until blended, add one cupful of grated cheese, a cupful and a half of hot water and a pinch of annatto. Stir rapidly and when perfectly smooth spread this sauce over the rice on a shallow serving dish. Sprinkle finely grated cheese over the whole and serve hot with a garnish of nasturtium leaves about the edges.

POINTERS.

Interesting Hints About Easy Ways to Do Things.

Don't throw away the small cold cream and salad dressing jars. Wash carefully and put away; then, when making jam and jelly, fill them with the little that is left over, and they make just enough for the kiddies to take for luncheon during the winter months of school.

Little daughter's pretty hand embroidered dress fitted in every way but length. After much thinking the mother sewed the belt around to form a yoke, placing it right underneath the armholes, and the desired extra inch and a half were obtained. Two daisies were embroidered on this yoke, and the dress is more attractive than it was in the place.

A speedy but rather drastic cure for poison ivy is an application of vinegar and salt.

Many cooks wonder why there usually are a few grains of sand in spinach, beet tops, etc., no matter how carefully washed. If the spinach is lifted gently out of the water with a large spoon or fork, care being taken not to stir or touch the bottom of the saucepan, instead of draining it through the colander, it will be entirely free from grit.

To take out iron rust touch spot with lemon juice and hold it over the steam from the kettle and in a few moments the stain will have disappeared.

To take an ink spot out of fine linen pour a little peroxide over the spot and hold it over the steam of the kettle and the stain will at once come out.

Is Your Child Feverish?

Young children often become feverish from very slight causes. The excitement caused by some coming pleasure, for instance, may send up the temperature several degrees in a high strung but otherwise quite healthy child. Indigestion and improper food may cause a rise to fever point, although nothing is seriously wrong.

On the other hand, a child may be seriously ill while the temperature chart records but little variation from the normal. The temperature changes of children are, in fact, very puzzling at times.

A mother need not be alarmed by feverishness, as a rule, because in most cases it is due to slight causes which would produce no effect on a grown person. But if it does not pass away in the course of a few hours or during the night she should call in a doctor.

Emotional excitement and a thunder atmosphere are two causes of feverishness; also poisonous matters arising from contaminated food and, in the case of infants, improper feeding.

The milk, for instance, may contain too much fat or sugar or starch.

In the case of older children indigestible vegetables and fruits are sometimes to blame. But feverishness may also signify the commencement of tonsillitis, contagions, pneumonia, influenza or bronchitis. It is always well to have medical advice in cases of doubt. The rise of temperature may be of little significance, but often it is the first warning of a coming attack of illness.

A Common Sense Idea.

A woman's clever idea is making a fortune for her. After ruining table napkins by breaking ice in them she made herself an ice cracking bag out of the highest grade yacht duck—sail cloth, in other words—sturdy enough to stand the wear and tear, with drawing string of waterproof cord, and with a loop to hang it up by. She then made some for her friends. Now she has a great big business, for physicians, nurses, those who enjoy cooling drinks and leas have spread its fame. A whack or two upon the ice tied securely in the bag breaks it neatly for ice cap, ice cream freezers and for the numerous things for which cracked ice is used. The bag is not to be destroyed by such use, and it washes perfectly. Its time of service is two years.

WATFORD PEOPLE GET INSTANT ACTION

Those who have used it in Watford are astonished at the INSTANT action of simple buckthorn bark, glycerine, etc., as mixed in Adler-i-ka. Because it acts on BOTH lower and upper bowel, ONE SPOONFUL Adler-i-ka relieves almost ANY CASE constipation, 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. Taylor & Son, druggists.

The Big Dipper.

In astronomy the Big Dipper, so called, is in the constellation of Ursa Major, or the Great Bear. The stars forming the tail of the bear also form the handle of the dipper. The first star in the handle is Benetnasch, the second Migar, the third Alioth. The other four, which go to form the bowl of the dipper, are Megres, Phad, Merak and Dubhe. The two last named are called "the pointers" because they point or guide the eye to the pole star, which is distant 29 degrees. The top bowl stars are 10 degrees and the bottom ones 8 degrees apart.

The Serpent's Venom.

A physician while talking with a group of friends remarked: "It is common to hear people speak about poisonous serpents. Serpents are never poisonous; they are venomous. A poison cannot be taken internally without bad effects; a venom can. Venoms to be effective have to be injected directly into the circulation, and this is the manner in which the snake kills. Their venom taken internally is innocuous."

An Appreciation.

An old sea captain was turning over the leaves of a friend's album when, coming to the photograph of a young lady of whose acquaintance the family was rather proud, he was asked what he thought of her. "Awful," was the old sea rover's reply, "if I were going to make a rare stroke of business I'd buy that girl for what she was worth and sell her for what she thinks she is worth!"—London Mirror.

Learning It.

The Old Married One—You will learn, my dear, that men are most contrary creatures. The Young Married One—Oh, I know that already. The Old Married One—Indeed? The Young Married One—Yes; I cook things my husband likes and yet he doesn't like the things I cook.

Comparisons.

"A telephone is a great convenience in a suburban home. My wife often calls me up."

"You're lucky. Mine always calls me down."

A Gentle Hint.

Be—Then you are not interested in my welfare. She—No; but if the two syllables were transposed I'd not only be interested, but enthusiastic.

The sickle rusts in the hand that waits for the harvest.—Persian Proverb.

Oil for Toothache.—There is no pain so acute and distressing as toothache. When you have so unwelcome a visitor apply Dr. Thomas' Electric Oil according to directions and you will find immediate relief. It touches the nerve with soothing effect and the pain departs at once. That it will ease toothache is another fine quality of this Oil, showing the many uses it has.

Why "Anurio" is an INSURANCE Against Sudden Death.

Before an Insurance Company will take a risk on your life the examining physician will test the urine and report whether you are a good risk. When your kidneys get sluggish and clog, you suffer from backache, sick-headache, dizzy spells, or the twinges and pains of lumbago, rheumatism and gout. The urine is often cloudy, full of sediment; channels often get sore and sleep is disturbed two or three times a night. This is the time you should consult some physician of wide experience—such as Dr. Pierce of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. Send him 10 cents for sample package of his new discovery, "Anurio." Write him your symptoms and send a sample of urine for test. Experience has taught Dr. Pierce that "Anurio" is the most powerful agent in dissolving uric acid, as hot water melts sugar; besides being absolutely harmless it is endowed with other properties, for it preserves the kidneys in a healthy condition by thoroughly cleansing them. Being so many times more active than lithia, it clears the heart valves of any sandy substances which may clog them and checks the degeneration of the blood-vessels, as well as regulating blood pressure. "Anurio" is a regular insurance and life-saver for all big meat eaters and those who deposit lime-salts in their joints. Ask the druggist for "Anurio" put up by Dr. Pierce, in 50-cent packages.

STRENGTH AND BEAUTY

Come with Dr. Pierce's Golden Medical Discovery. This is a blood cleanser and alternative that starts the liver and stomach into vigorous action. It thus assists the body to manufacture rich red blood which feeds the heart, nerves, brain and organs of the body. The organs work smoothly like machinery running in oil. You feel clean, strong and strenuous instead of tired, weak and faint.

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.

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Start without cranking.

Renfrew Standard Cream Separators

Best by every test.

Gramophones, Records and Supplies

of all kinds.

H. Schlemmer

Feb 15

Addressing of Mail

In order to facilitate the handling of mail at the front and to insure prompt delivery it is requested that all mail be addressed as follows:—

- (a) Regimental Number.
- (b) Rank.
- (c) Name.
- (d) Squadron, Battery or Company.
- (e) Battalion, Regiment, (or other unit) Staff appointment or Department.
- (f) CANADIAN CONTINGENT.
- (g) British Expeditionary Force.
- (h) Army Post Office, LONDON, England.

Unnecessary mention of higher formations, such as brigades, divisions, is strictly forbidden, and causes delay.

Children Cry

FOR FLETCHER'S

CASTORIA

NEURASTH

Rest and a tingui

There is a form of follows a gripe. Do grippal" neurasthenia. One of the foremoities of New York ci the international clinic "Broadly speaking, gripe will suffer i neurasthenia also. Lo tone with increased most striking effect Jaugour of mind an ed, fitful sleep and the head and elsw ment calls for rest and If you have had la symptoms again: La hat strike of the vaguague pains in the where." If you have it means that you are st the effects of a gripe

MARK

WATFOI

GRAIN AND SEEDS—

Wheat, fall, per bush

Oats, per bush

Barley, per bush

Beans, per bush

Timothy, per bush

Clover Seed

Alsike

PROVISIONS—

Butter, per pound

Lard

Eggs, per doz

Pork

Flour, per cwt

Brar per ton

Shorts, per ton

MISCELLANEOUS—

Wood

Tallow

Hides

Wool

Hay, per ton

VEGETABLES AND FRUIT

Potatoes, per bag

POULTRY—

Turkeys, dressed

Turkeys, per lb

Chickens, per lb

Fowl

Ducks

Geese

LONDON

Wheat

Oats, cwt

Butter

Eggs

Pork

Toronto

Toronto, Feb. 29,—

Union stockyards to-day

A good demand was

well-finished butcher ste

There is a good supply o

feeding offering just now

was low, considering the

at which they can be bou

with what the same class

cost in a month or so. I

and steady with yest

sowing to the very light

lamb steady. Good ve

Hogs firm

To-day's quotations:

Choice heavy steers

Butcher steers, choice

do, good

do, medium

do, common

Heifers, good to choice

do, medium

Butcher cows, choice

do, good

Butcher bulls, choice

do, good

do, medium

Feeders

do, common