

**National Fish Day**

October 31st is National Fish Day. It is the new national day which for its benefits ought to be as well known as Thanksgiving. The intention is to make known the tremendous wealth of our Canadian seas and lakes, now largely going to waste because people's tastes have run toward meat. At present the annual value of Canadian fisheries is \$52,000,000 or only about one-eighth of a dollar a week for each person. Forty-three years ago it was \$35,000,000. The fish industry and fish consumption have not kept pace with the general progress of the country. A revival is long overdue. The average price of fish is about one-half that of meat, so that the housewife who insists upon getting fish from her local dealer combats the high cost of living. National Fish Day was established to give a right direction to the thought of the people respecting fish in the ordinary home diet. Eat fish October 31st.

**BORN**

In Brooke, on Sunday, Oct. 13, to Mr. and Mrs. R. Forman, a son.  
In Brooke, on Tuesday, Oct. 1, to Mr. and Mrs. Allan McLean, a son.  
In Plympton, on Thursday, Oct. 10th, to Mr. and Mrs. J. W. Burr, a son.  
In Bosanquet, Thursday, Oct. 10th, to Mr. and Mrs. Robt. Lean, a daughter.  
In Plympton, on Tuesday, Oct. 15th, to Mr. and Mrs. Wm. Colbeck, a daughter.

**DIED**

In Bosanquet, on Wednesday, Oct. 16th, Angeline West, relict of the late Joseph West, aged 89 years and 4 months.  
In Plympton, on Friday, Oct. 11th, Abigail Coyle, relict of the late Ira N. Byrns, aged 87 years, 9 months and 11 days.  
In Oil Springs, on Wednesday, Oct. 16th, John Parker, aged 62 years, 6 months and 15 days.  
In Strathroy, on Tuesday, Oct. 15, 1918, Emma Zillah Clarke, beloved wife of Walter Moran, in her 37th year.  
At the residence of her father, 167 Duchess avenue, London, on Oct. 20th, 1918, Bessie Louise, only daughter of Mr. and Mrs. R. R. Smith.

**IN MEMORIAM**

In loving memory of Frederick V. Kidd, who departed this life Oct. 27th, 1909.  
Long will we cherish in memory,  
The brother we loved here on earth;  
Long will we miss his fond greeting,  
At home 'round the old family hearth.

**THE FAMILY**

**Fighting The "Flu"**

Spanish influenza, or the "grippe" of a generation ago as a new thing, is with us again and seeking full possession of the people. It has invaded almost every province of the Dominion and is epidemic in twenty-three States of our neighbors over the line. The military camps, whose medical measures are unexcelled and whose men are of the best calibre, are in the "thick of the fight" against this enemy.

Most doctors and nurses in attendance on influenza cases wear masks, the latter using layers of cambric or linen or other fine material over the mouth, nose and ears to keep out the germ. Some physicians are advocating their general use by people during the epidemic.

In an excellent review of the situation by the Literary Digest of last week, this magazine in answer to the question,

**MAIL CONTRACT**

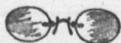
SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 15th of November, 1918, for the conveyance of His Majesty's Mails, on a proposed contract for four years, six times per week over Arkona No. 1 Rural Route, from the 1st of April, 1919.

Printed notices containing further information as to conditions of proposed contract may be seen and blank forms of Tender may be obtained at the Post Offices of Arkona, Theford and Watford and at the office of the Post Office Inspector, London.

CHAS. E. H. FISHER,  
Post Office Inspector,  
London, 4th October, 1918.

**Eye Glasses**

SHOULD STAY ON WITHOUT PINCHING



No need to have your eye glasses pinch in order to have them stay on. Our new style of Eye Glass Mountings are perfect in fit and neat in appearance. Modern ideas are those of comfort. We aim in all our optical work to do the very best for you in every way. The right Glasses, the right Mounting. We are sure if you come to us you will be perfectly satisfied. Let us prove this to you.

**CARL CLASS**  
Jeweler and Optician  
ISSUER OF MARRIAGE LICENSES

"How to fight the influenza," has gleaned from several authorities much useful suggestion. The following will be of interest:

Pneumonia develops in one of every thirteen cases of influenza and is a most treacherous and fatal ailment. When the patient is apparently recovering and leaves his bed too early the germ gets its deadly opportunity. "A word to the wise," etc.

"Fear is our worst enemy," "The man who worries is already half beaten," "from battle to disease the cool fighter wins," "Because you have a cold do not at once conclude that you are on the road to pneumonia, but conclude the opposite and the chances are that you will win out." "If we keep our system in good condition and avoid fear or apprehension of contagion, we shall be reasonably certain to escape it," are among the significant suggestions.

New York's Commissioner of Health points out that influenza and pneumonia are infectious diseases caused by germs carried in the matter spit, sneezed or coughed by sick persons or sometimes by persons who, while carrying the disease germs in their mouth and throat show no sign of illness. He advises the avoidance of such "matter," of dirt of every kind, of fatigue, and of overeating.

Ontario's M. H. advises to avoid damp clothing, wet feet, visiting the sick, and if you suspect you have it, or it has you—"take a purgative, call the doctor, and go to bed."

**A Readable Letter From France**

Private Ivan Lucas, of Warwick, who has been on the battle line for some time, writes an interesting epistle from the scenes of strife to a friend in Watford from which we are permitted to take the following extracts:

France, Aug. 29, 1918

Dear Friend:—Once again we are resting after months of strenuous fighting and consequently we have a chance of collecting our thoughts and transferring them from the fields of strife and blood to the fields of peace and the joy of life. Thus given a chance our thoughts must be retrospective if we would forget recent events.

And though forgetfulness is balm to a soldier's mind, recent events have been of such glorious achievements that we would not forget them but rather lay such thoughts aside as we do our implements of war.

And in doing that to which I have made reference rather than a change of thought, I was confronted with a pile of letters and for each one I must give a plausible excuse for not answering sooner and in doing this I am haunted by one fear, namely, that my supply of excuses may not fill the demand.

In a period of six weeks the atmosphere of political life on the Western front has been changed from one of depression and gloom to one of buoyancy and hope, and the confidence of the victor firmly rooted in the breasts of the Entente Army, and by the glorious offensive of the Franco-American troops on the Marne and the splendid victory by the Canadians on the Amien front, the hope of Victory has returned and the star of peace risen on the distant horizon, though still obscured by the fog and mist of diplomatic complication.

The most wonderful and most important element in our recent glorious victories has been the splendid fighting spirit of our soldiers. Evidence is abundant and proof conclusive that after four years of hardship and privation the spirit of the Canadian Corps was never better, as evinced by their going over the top seven times in a few hours during recent fighting. They go forth every time to die or conquer and that invincible spirit has won them distinction above every nation on earth.

Though war is to be deprecated, yet when war is war let it be war to the finish and it is a great distinction to be classed greatest of all in the military annals of competent authorities.

The great bulwark of the army rests with those at home and we do not like to hear of walk-outs and strikes at home. We feel that they at home have little cause for complaint and it does such people little honour when we compare the loyalty of the soldier under far worse conditions to that of the men at home. Surely our government will see that such things do not occur very often. For there will return to Canada, after the war, not the mild, modest, tolerant men who left Canada several years ago but men strong, virile, active and intensely desirous of having a deepened thought, a broader and more democratic mind taking its proper place in Canadian life both social and politic.

And over the present world steeped in this gusty conflict I look and see emerging from it a renaissance in thought and action, a world cleansed and purified and purged of a system which was slowly but surely sapping the life of the nation and carrying it to a destruction which had no compensation such as this destruction will have.

Thus I have spoken not lightly because I have not the spirit of lightness as I sit among this grey ruin. Not with joking or laughter or with a spice of life because I am naturally grave, but with words in liaison with thought and feeling and as I would wish to speak in quiet conversation.

The town we are in is a mass of broken brick and stone, as ghastly a sight as the pale moonlight ever enhanced and it is a duplicate of thousands more. Consequently, as I sit on the ruin of some fine home and write or more fittingly scribble my thoughts are contemplative and therefore I am sure you will pardon the lack of much that is conducive of an interesting letter.

I am, Yours Sincerely,  
No. 529113  
Pte. G. Ivan Lucas

Seven Orillia mothers having given birth to twins lately. The Winchester Press suggests changing the name of the town to Twinbridge.

**FALL AND WINTER UNDERWEAR**

SWIFT, SONS & CO.

**STOCK UP! BUY NOW!**

No repeat orders in many lines. Prices now are lower than they will be this season. Stock full and complete. Full range of sizes for big fellows.

—SWIFT, SONS & CO.

FOR the woman with a family of Girls — buy WATSON'S. It's the best — no shrink. Keeps its shape and gives every satisfaction. None better — few as good. Full stock of Combinations for Ladies and Misses. Single garments for Ladies, Misses, Girls and Children.

Buy the "no shrink" kind — it pays.

—SWIFT, SONS & CO.

THE MAN out all the time in winter weather always buys TIGER BRAND and PENMAN'S Heavy Weight. For the man who has no heavy storms to face Penman's Mid-Weight will fill the bill.

We are showing 'St. George' and 'Watson's' for men and boys. They are good value — and warm and comfortable.

—SWIFT, SONS & CO.

Sweater Coats and Pull-Overs for Men and Boys.

Khaki Sweaters without sleeves for Our Boys at the Front.

Don't wait for snow—it will come. Get in line for all your winter needs early. It will pay you.

Get your Christmas Parcels Ready EARLY for the Boys on the Firing Line.

—E. D. SWIFT.

**WANT COLUMN.**

DO NOT NEGLECT to pay your account to J. MCKERCHER before Nov. 1st.

RADIANT HOME BASEBURNER For Sale. Parlor style, without oven. Apply at this office.

EIGHT choice York Pigs, six weeks old, for sale, JOSEPH PARKER, lot 29, con. 2, S. E. R., Warwick.

FOR SALE—Thorobred African Geese and Gandfers. Also one thorobred Boar, O. A. C. 1/4 months old. —THOS. WILLIAMS, Main Road, Warwick. 18-3

SMALL ROLL TOP OFFICE DESK Wanted. If you have one for sale leave word at this office.

FOR SALE—Several young Shorthorn Bulls, pedigreed. Terms easy. Apply to G. T. FULLER, Warwick, Watford P. O. 018f

WANTED—Several persons to purchase homes for themselves. I have them. Prices right, from \$400 up.—J. F. ELLIOT, Watford. 275b

FOR SALE—4 good registered Short-horn Females, cows and heifers. Apply to GEO. PATTERSON, 4th line Warwick, R. R. 4, Watford P. O. 18-3

WORK OUT HORSES and tallen animals of any kind bought.—LETT BROS., fur ranchers, lot 18, con. 13, Brooke; Rural phone 4821. Watford P. O. Phone messages at our expense. tf

FOR SALE—Registered Lucold ram lambs and yearlings, also ewe lambs and a few breeding ewes, also shorthorn Bulls fit for service, could spare a few cows and heifers.—S. W. EDWARDS, Watford P. O., lot 25, con. 3, Warwick. 025-2t

CONSIDERABLE private and other money to loan on farm property at lowest rates on easy terms. A few dwelling house properties in Watford and one farm between Watford and Wyoming for sale. Apply to W. E. FITZGERALD, Barrister, Watford.

**NOTICE**

The annual meeting of the stockholders of the Andrews Wire Works of Canada Limited will be held in the office of the company on Monday, October 28th, for the election of officers and such business as may properly come before the meeting.

**FOR SALE**

Desirable home on St. Clair St. facing south, between McGregor and Wall Sts. 8 room frame house in good condition, full basement, good furnace, large lot, large barn, hard and soft water. For particulars apply on premises.

MISS C. McDONALD.

**Sale Register**

Wednesday, Oct. 30, farm stock of Alex. Westgate, Warwick. See ad.

Friday, Nov. 1st, farm stock of Wm. Sheppard, Plympton. See ad.

Friday, Oct. 25th, farm stock and furniture of Benson Cowan, Brooke. See ad.

Saturday, Oct. 26, brick cottage and household furniture on Warwick street. Inspection invited. See bill. Enquire at Roche House.—Mrs. J. M. O'Meara. 2t

Allan McDougall of Alvinston has returned from Toronto, where he underwent an operation in the Toronto General Hospital, on his arm. In the operation in order to make it a success, a bone had to be removed from his leg and placed in his arm. It will be months before he will be able to do any work again.

**Time to Change Shoes**

No one should keep on wearing their light Shoes (or their old shoes made light by wear) from day to day at this season of the year. It's time to change to heavier weight. Health and comfort demand it.

**The Shoes of the Season are here**

We have styles that will appeal to discriminating men and women who appreciate perfect shoe making and an accurate fit.

Our Good Service is at Your Command.

LADIES' DRESS SHOES \$5.00 to \$7.50

MEN'S DRESS SHOES \$5.00 to \$7.50

MEN'S WORKING SHOES \$3.25 to \$5.50

There is a great similarity in prices at all shoe stores when you see them in advertisements, but when it comes to the shoes, they are so different.

COME AND SEE OUR SHOES

**P. Dodds & Son**  
Watford's Busy Store

**Toronto Markets**

The downward tendency of the market continues and there is little hope of better prices for some time to come.

Hog prices are unchanged. It was expected that further declines would be brought into effect on Tuesday, but the small offering checked the buyers' actions.

Lambs are stronger than they were last week. The top price is now \$16.50 per cwt.

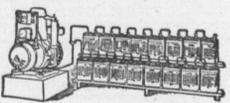
Sheep are about steady. Few farmers are found around the yards looking for winter stock.

The fear that pre-war levels will shortly be brought still exists. The fact that supplies will be needed for a long time to come should dispel this feeling.

Milkers and stockers are selling very slowly. Milkers have declined another \$5 and stockers are off about 50 cents per cwt.

**DELCO-LIGHT**  
The complete Electric Light and Power Plant

The latest, surest and most economical form of light and power.



R. O. SPALDING  
DEALER WATFORD

SAVE YOUR DOLLARS FOR VICTORY BONDS? LET YOUR DOLLARS MARCH WITH DEMOCRACY.



**CHOP STUFF**

Mrs. Wm. A. Hillis, a daughter and Mrs. A. B. McNeil, of Brooke at her home in Oil Springs last after a short illness with Spanish enza.

This season, Caradoc will probably the largest crop of p

**For Foch**