

Mr. Editor—I suffered for year ackache. Last March I tried or and have used this new kidedicine recently discovered by ree, and it was wonderful the eased the pain and gave me a such a short time. I have veral medicines, but "Anurica" anly one that gave satisfaction, it my duty to recommend to Tablets" to any one who suffers to the commend to the co

d) MRS. MARGARET E. SNIDER

Folks in town and adjoining are delighted with the results are delighted with the results eobtained by using "ANURIC" est discovery of Dr. Pierce, who of the INVALIDS' HOTEL and L. INSTITUTE, in Buffalo, N. Y. ho started the day with a back-iff legs, arms and muscles, and in head (worn out before the an because they were in and out half a dozen times at night) are ting the perfect rest, comfort strength they obtained from ce's Anuric Tablets. To prove is a certain uric acid solvent inquers headache, kidney and diseases and rheumatism, if never used the "Anuric," cut and send ten cents to Doctor ra large sample package. This we to you that "Anuric" is even times more active than eliminating uric acid—and the ricet kidney and bladder cor-If you are a sufferer, go to your ggist and ask for a 50-cent box ric." You run no risk for Dr. good name/stands behind this in new discovery as it has for ric." You run no risk for Dr. good name/stands behind this good name/stands behind this discovery as it has for half century for his "Golden Discovery," a general tonis om roots with pure glycerine akes the blood pure, his "Farescription" for weak women asant Pellets" for liver ills.

Ways of Studying Music, to yourself a little girl of eight seated before that ponnd portentous mass of iron, od, wires and hammers which "pianoforte" (sixty pounds delicate humanity trying to tself through a solid ton), her ling uncomfortably in space, fingers trying painfully to right key and at the same keep in a correct position, g hard the while to relate to vo strange things, a curious on a page and an ivory key below it, for neither of which much affection. And them yourself the same child at er's knee or with other chiling with joy and delight a song.-Thomas Whitney So-

A Matter of Money. hy stockbroker who gave an

dinner, says the London Telelated with much pride, but igled English, on the delicahe had pro !! !ed. Everything and out of season, he deas at the disposal of his e you have no aspirates," ob-

e of them quietly. re I 'ave," replied the stock-ith crestfallen visage, "but if n get 'em," he added, "I'll of the best in the market you're 'ere."

Not to Be Pitied. Mike)-I got a letter from a

says: "Every rib's gone, I've shoulder, and I expect my

be gone by the time you get oor fellow! Is he in a hos rance?

; he's in a butcher's shop.

Mexican Beauties. st beautiful women in the said by experienced and obivelers to be the Indian woe isthmus of Tehuantepec, just north of Yucatan, in hey add to their picturesque ess by wearing whatever y may possess in the form ins strung about the arms

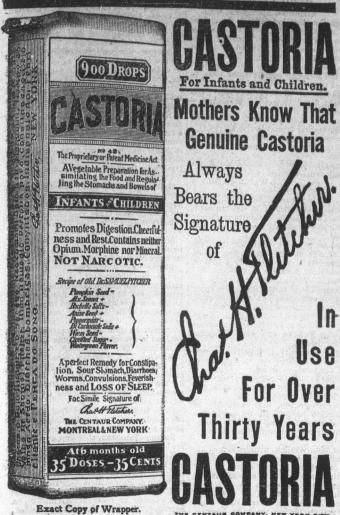
The Very idea! gs - I'm through with old I told him we are going us baby after some great and asked him for a sug-Irs. Woggs-What did he

Settled. ofession do you think your ill choose?

Woggs-He said, "Name it

eplied Farmer Corntossel alk louder an' longer when wrong side of an argument. dy I ever beard."-Wash-

ian should have money in ut not in his heart.-Deam



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This oil is the envy of all refiners, and because of its great reputation for superior quality it has many imitators. The Use of NATIONAL CARBONLESS MOTOR OIL will bring out the best there is in a poor motor, but a poor lubricrant will fail to bring anything out of the best motor but trouble and expense-No Auto is so low priced as to be doped with poor oil. To be good, it must serve well,—to serve well it must be-

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The Guide-Advocate

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#### THE CANARY ISLANDS.

In Ancient Days They Were Thought to Form the Real Heaven. You know, of course, that the Canary islands are northwest of Africa and that they belong to Spain. You may happen to remember, too, that three very interesting things have been given to the world by that group of is-lands—Canary wine, the Canary dance and the lovely little yellow song bird that has a place in so many homes. To be sure, they are the Canary islands, because that is where canary birds come from.

But hold! The horse is behind the cart. The birds got their name from the place of their nativity, and the group of islands took its name from the largest and most important member, Gran Canaria island. Curiously enough, the name means "big dog" instead of "little bird."

There was a time when these islands were of far more interest and impor-tance than they are now, a time when they called forth a special government edict. It was the senate of Carthage that passed a law forbidding the citizens to make those islands the objec-

tive point of their summer vacation.
From time immemorial the world had believed that somewhere beyond the pillars of Hercules there was a group of islands so beautiful, so replete with everything to make men and women happy, that they constituted the real heaven. They were called "Is-lands of the Blest." When the Carthaginian fleet returned from its first expedition to the Canary islands there was danger that all the population of Carthage would emigrate to that realm of song birds and tempered sunshine; hence the edict-

Eggs That Can't Be Found.

The eggs of some common birds of the present day have never been found. There is the robin snipe; its eggs have never been seen. An English zoologist kept a man going up and down the coast of Labrador for weeks purpose-ly to get a robin snipe's egg, but it was in vain. The bird is known by thousands of people, but it breeds so far north and so remote from any civilization that no scientific observer can ever get to its nest ere the young are hatched and have taken to wing. The frigate bird that is so commonly seen at/sea on the Pacific and off the West Indies is such a solitary bird and is seed on the seed of and is so seldom seen in its nest during the hours of daylight that its egg

A Terrible Affliction.

At an exhibition of paintings a lady and her daughter took much interest in a picture which represented a soldier with hollow cheeks and staring eyes. It was called "After the Attack of Lutzen."

"What is 'Lutzen,' Mary Anne?" asked Mrs. Crockett in a whisper. Mary Anne admitted that she did not

know. "Well, anyway," said Mrs. Crockett, with conviction, "it's a terrible disease. I can see that easy enough without anybody telling me." — Youth's Com-

The Early Drum.

Drums are probably an eastern idea introduced by the crusaders into Europe. They are frequently mentioned accounts of the first crusade. Edward III. of England and his queen made triumphal entry into Calais in 1347 "tambours" were among the instruments which were played in their honor. Another of these was called a "nacaire," or kettledrum, taken, to-gether with its name, from the Arabs. The poet Chaucer also mentioned this instrument in his description of the tournament in "The Knight's Tale." The king generally kept a troop of these bandsmen or minstrels in his employ, and we read that Edward II. on one occasion gave a sum of 60 shillings to Roger, the trumpeter; Janino, the nakerer, and others for their performonces.

Little Things as an Index.

"Here," said an observer, "was a machine upon which appeared the name plate of the manufacturer, a small and not essential feature. But this plate had been set on true, and then the screws by which it was held in place had all hear trues and the screws by which it was held. in place had all been turned up until the slots in their heads all showed in precisely the same position, alike, uni-

"Whoever put this plate on made a nice, finished job of it, and I should be inclined to think that a shop that had such pride in even the minor details of its work would do good work throughout.".

Comfort for Dyspeptic.—There is no ailment so harrassing and exhausting as dyspepsia, which arises from defective action of the stomach and liver, and the victim of it is to be pitied. Yet he can find ready relief in Parmelee's Vegetable Pills, a preparation that has established itself by years of effective use. There are pills that are widely advertised as the greatest ever compounded, but not one of them can rank in value with Parmelee's, m

German Opinion of Englishmen

"The shooting of Capt. Fryatt is a necessary and wholesome lesson for England; she must learn for once that mere descent from English parents does not entitle anyone to an exclusive position as against all other nationalties. Suppose Fryatt had been merely sentenced but not executed; the English would have thought, and perhaps even exclaimed triumphantly:—'Yes, the Germans are bold enough!' to threaten, but they dare not carry out their threat; they have too much respect and secret fear for the "civis Britannicus sum"! Faith in his unconditional superiority and the prerogratives of his nation is the chief persuation of any Englishman, even one of those who are far re-moved from the scolding, baseness and brag of the yellow press. He does not realize what an amount of arrogance is contained in his conduct. There nobles, who in personal inter-course are charming folk, who do not boast of their origin, who conduct themselves in a much simpler way than an enriched pig-dealer, who are always friendly towards and ready to help their humblest seryet an occasion aries when suddenly you discover that this modest and polite person puts between himself and the rest of humanity an insurmountable barrier. So what with an educated Englishman is only a quiet haughtiness appears among the masses of the people who lack any judgement of their own about foreign countries as a bull-neeked pride. An Englishman in his own eyes can do no wrong to other nations, for by reason of his special position in the universe his interests are precedent to those of all other peoples, and any means are permitted of pushing his interests."—Koeinische Zeitung.

#### The Prophecy Came True

A good many years ago, when the present Kaiser was a youth, he was on a visit to his grandmother, Queen Victoria, and while walking in the grounds of a certain Royal domain he was boasting of the rise of the Hohenzollerns and the future greatness of his house. Among the ladies who accompanied him was one who had certain powers of clairvoyance, and it was noticed that after the Prince had made his boast as they stood on the side of an ornamental

lake, the lady, pointing to it, said "When they cut hay from the bot-tom of that lake the Hohenzollern dynasty comes to an end." This year grass has grown on the bottom of that lake and has been cut for

Stains in the table linen are easily re-

If new enamel pans are placed in a pan of water and allowed to come to the boil and then cool, they will be found to last much longer without burning or crack-

Dragged Down by Asthma. The man Dragged Down by Asthma. The man or women who is continually subject to asthma is unfitted for his or her life's work. Strength departs and energy is taken away until life becomes a dreary existence. And yet this is needless. Dr. J. D. Kellogg's Asthma Remedy has brought a great change to an army of sufferers. It relieves the restricted air tubes and guards against future trouble. Try it.

### Useful Hints

It is better to cook carrots whole and then skin them.

After a whiskbroom has become rag-ged, trim off evenly and use as a sink

Prick the small end of a potato before putting it in the oven and it will not A salad of cnions, sardines, tomatoes and peppers is properly served with brown bread.

Never hoard old clothing or house

hold articles—give them to somebody who can use them.

Yellow will light up the gloomiest of rooms, just as green will cool and soften the most garish.

Skim milk used instead of water in the cooking of cereals adds to their nutritive

Pushing screws in common soap be-fore using will cause them to enter the wood more easily. It's always more economical to measure materials in cooking than it is to

guess at them. It is the greatest economy to purchase the best spices; poor ones are usually adultered.

If a small piece of velvet is glued inside the heel of a shoe, stockings will not wear out so fast.

Always rinse black stockings in blue water, and they will keep a good color right on to the end.



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ROLL OF HONOR

From Watford Men 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

PRINCESS PATRICIA'S C.L.I. Gerald H Brown

18TH BATTALION

C W Barnes, Geo. Ferris, Edmund Watson, G Shanks, C Jamieson, J Burns, F Burns, C Blunt, Wm. Autterson, S P Shanks.

2ND DIVISIONAL CAVALRY

Lorne Lucas, Frank Yerks, Chas. Potter.

33RD BATTALION

Percy Mitchell, Lloyd Howden Geo. Fountain, Gordon H Patterson, died in Victoria Hospital, London.

34TH BATTALION

E c Crohn, S Newell, Stanley togers, Macklin Hagle, Henry Macklin Hagle, Henry Wm. Manning, Leonard Rogers. Holmes,

70TH BATTALION

Ernest Lawrence, — Emmerson, c H Loveday, A Banks, S R Wholton, Thos. Meyers, Jos M Wardman, moved by plunging the articles in pure boiling water. The addition of soap or soda would have the effect of fixing the Vern Brown, Sid Brown, Alf. Bull-

> 28TH BATTALION Thomas Lamb, killed in Action. MOUNTED RIFLES

Fred A Taylor

29TH BATTERY

Wm. Mitchell, John Howard. ANTI-AIRCRAFT

Gunner Woolvet.

PIONEERS

Wm. McNally, 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. 135TH BATTALION

N. McLachlan.

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

116TH BATTALION Clayton Fuller.

CONSTRUCTION UNIT

Arthur McKercher

196TH BATT.

R. R. Annett.

70TH BATTERY R. H. Trenouth, Murray Forster.

147TH BATTALION Austin Potter.

GUNNER Russ. G. Clark.