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GUIDE-ADVOCATE, WATFORD, MAY 11, 1917



# No one ever doubts REDPATH quality, because in its Sixty Years of use no one has ever bought a

barrel, bag or carton of poor Redpath sugar. It is made in one grade only—the highest.

"Let Redpath Sweeten it."

20, 20, 50 and 100 lb. Bags. Canada Sugar Refining Co., Limited, Montreal.

Roadster - - \$950 Country Club \$1110 f. o. b. Toronto

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## Style—Comfort—Power—Economy

There are define advantages in the Overland Light Four which make this car stand out conspicuously above other cars in its price class.

In appearance this car represents the highest perfection of modern streamline design-full sweeping lines and low hung

stylish design. It is equally pleasing in performance with an abundance of power delivered by a smooth-running motor that has been

thoroughly tested before assembly.

In comfort nothing is lacking. Generous wheelbase, large tires and long, shock-absorbing cantilever springs, all make for easy riding.

You get all these advantages in the Overland Light Four at a price that is possible only because it shares in the economies of the enormous Willys-Overland production. Call and inspect this car at our sales rooms.

McCORMICK & AULD WATFORD DEALERS



## "IT PAYS TO ADVERTISE"

Successful merchants never sit down and wait for business to come to them. They get out and work for it. "Printer's ink," rightly used, is recognized as the best magnet for working up trade and drawing it to the store of the judicious advertiser.

#### AN ANCIENT CLIFF CITY.

The Ruins of Its Primitive Dwellings

In Walnut Canyon. Walnut canyon, near Flagstaff, Ariz., contains some of the most inter-esting ruins on the continent. The canyon itself is remarkable, being a thousand feet deep, a quarter mile in width at the top and a few hundred feet at the bottom. The sides do not rise up in gentle slopes, but leap up-ward, tier upon tier, a giant limestone stairway. Here were conditions that appealed to primitive man. The smooth shelf or ledge formed a floor, the projecting rock a ceiling, the sloping strata rear walls. He had but to throw up front and side walls and a home was completed, with a floor that would never wear out and a roof that would never leak.

It is estimated that there are at least a thousand of these primitive dwellings in the Walnut canyon. There is but a single entrance to this cliff city. The trail leads over the face and down the sides of the cliff and on through the ruins of one of these houses. When the walls of this building were stand-ing it completely filled the width of the ledge. As no one could enter without passing through this house or gateway, one man, armed with a primitive stone ax, might well have stood off an army.

All articles of furniture have been carried away, but there are still traces of a fireplace, and the blackened ceiling tells of its long occupancy. In the ashes and litter have been found broken pieces of pottery-red, black and gray-decorated in colors and with patterns displaying their artistic tastes. In small pockets, dug out in the rear walls and carefully sealed up, are still occasionally found pieces of cloth of hemp and fiber of yucca, corncobs, squash shells, beans, etc.-Exchange.

## REAL DOUGHNUTS.

The Genuine Old Time Cake Never Had

a Hole In It. Why will some persons persist in speaking of the holes in doughnuts? The real, genuine article never had a hole, in it. My memory goes back to 1840 and earlier, and my boyhood experience extended over a good part of Fairfield, Litchfield and New Haven counties, Conn., and Westchester county, N. Y., up to 1850. Our mothers at that time are to be regarded as the best authority on old fashioned American cookery.

The doughnut of that period consisted of bread dough raised overnight, with hop meal cakes, or "emptins," sweetened with brown sugar, short-ened a little and fried to a rich brown in leaf lard and were somewhat larger than a goose egg and about the same shape. These were known among the old Dutch New Yorkers and are described in Barber's "History of New York," published about 1840.

"Wonder cakes" were similar, with a ttle more The dough was rolled about threequarters of an inch thick, cut into squares of three inches, with three slits, which were pressed apart into a fantastic shape, and were the idolized Sabbath day lunch, eaten under the maple tree or the horse shed between the morning and afternoon serv-

I first remember crullers twisted and with holes when I came to New York in 1854. The very name of doughnut is suggestive of a round or oval shaped article.—C. P. Benedict

Why Disease Is Caused by Fear. An eminent medical authority once made the statement that a great deal of contagion is due largely to nervous apprehension and fear. Terror causes radical changes in the secretions and nerve cells, and while the possibility is not the direct cause of disease it certainly is sufficient to put the person in the proper condition to be attacked by the prevailing malady.

It is a well understood fact that exessive anger infuses a toxic element into the secretions. Fear destroys the resistive capability and, as it were, lets down the drawbridge and makes way for the enemy.

Spanish Meat Balls.

Spanish meat balls are as palatable as they are rare and made thus: One tomatoes, one onion chopped fine, garlic or cayenne to taste. This forms the "Spanish." One and a half pounds of hamburg steak. Soak half a loaf of stale bread; drain off all water. Take one egg, pepper and salt to taste, mix together, roll into balls the size of an egg and cook in the "Spanish" three-quarters of an hour.

## CASTORIA

For Infants and Children In Use For Over 30 Years

## What Ails You?

Have you become run-down, weak; emaciated, pale after a long siege of colds? Does the skin show that the blood is thin and watery? Spring is the time when vitality is at its lowest ebb—clean house now—by ridding the body of its accumulated poisons. Refresh the blood with a stimulating tonic. Dr. Pierce's Golden Medical Discovery, free from alcohol or narcotics and extracted from roots and barks with pure glycerine, banishes from the blood all poisons and impure matter. It dissolves the impure deposits and carries them out, as it does all impurities, through the Liver, Bowels, Kidneys and likin.

If you have indigestion, sluggish liver, nasal or other catarrh, unsteady nerves or unsightly skin, get Dr. Pierce's Golden Medical Discovery to-day and start at once to replace your impure blood with the kind that puts energy and ambition into you and brings back youth and vigorous action.

All medicine dealers can supply you in either liquid or tablet form or send 10 cents for trial box of tablets to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y.

## ASK YOUR NEIGHBOR.

Portman, B. C.—"I am so glad of an opportunity to recommend Dr. Pierce's. Golden Medical Discovery; it has cured me of indigestion and constipation which I had very bad. A friend gave me s. bottleful and I took it. It helped me so much that I bought more and continued using it."—Mrs. C. Wilderube, General Delivery.

Dr. Pierce's Pleasant Pellets are the original little liver pills, first put up 40 years ago. They regulate and invigorate stomach, liver and bowels.

## Neilson's Chocolates

In bulk or boxes, same old price.

A first-class line of Confectionery always on hand.

Bread, cakes and all kinds of pastry all ways on hand.

Our Wedding cakes cannot be beaten.

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