

# People of Watford, Warwick AND Brooke

## We Are Going to Make

# ONE HUNDRED DOLLARS

Or more, without cost to anyone, for the RED CROSS.

### HOW?

By Collecting a Car Load of Waste Paper.

YOU save your waste papers, WE will do the rest.

## THE PLAN

Collectors will call at your door in Watford each month, beginning second week in September. Out of town people are asked to leave their parcels at Mr. R. Johnston's shop, second week in each month, beginning September.

### DIRECTIONS

Paper is to be made up into three kinds of bundles.

- (1) Magazines.
- (2) Newspapers.
- (3) Wrapping paper, cardboard, exercise books, wall paper, scrap, etc.

Please fold to a uniform size and tie with a heavy cord both ways.

Further information will be published in the Guide-Advocate, or may be obtained by applying to the Kewpie Club.

MARGARET FORSTER, President.  
WINNIFRED SWIFT, Secretary.  
Honorary President—COL. KENWARD, Reeve.  
Director—JOHN CARROLL, Esq.



## WESTERN FAIR

LONDON, ONTARIO

SEPTEMBER 8TH to 16TH, 1918

WESTERN ONTARIO'S  
POPULAR EXHIBITION

ART, MUSIC, AGRICULTURE & AMUSEMENTS

A FINE COMBINATION AT LONDON'S EXHIBITION.

A Real Live Program of Attractions Twice Daily.  
Two Speed Events Daily. Fireworks Every Night.

New Process Building. Every Building Full of Exhibits.

SINGLE FARE on all Railroads West of Toronto

SPECIAL EXCURSION DAYS.

PRIZE LISTS, ENTRY FORMS AND ALL INFORMATION FROM THE SECRETARY.

W. J. REID, President A. M. HUNT, Secretary

## SILOS-AT A BARGAIN

This is the time of year for the farmer to think of his silo. We sell lumber which is the best material in the market for silos. Nature grew the tree, to build the silo and it is pretty hard to improve on nature. We have been selling silos for a great number of years and it has been proven that our silos are superior to any other kind. If you are thinking of a silo call us up, or come and see us.

LET US SUBMIT OUR PRICES.

Est. 1870. G. CHAMBERS EST.

## LET UP PROTEINS.

Avoid "Spring Fever" by Cutting Down Fuel.

### SUMMER DEMANDS LESS FOOD

Warm Weather Means You Can Replace Hot Soups, Thick Gravies, Heavy Sweets and Rich Pastries With Greens, Salads, Fish and Fruits.

It will be only a few days now before some one will be heard to complain of "that tired feeling" so inseparably connected with springtime. But why not try a little modern therapeutics and see if you cannot escape that tired feeling this year? The tired feeling comes from only one thing, and that is an overclogged system. To use the hackneyed but nevertheless illuminating comparison, the body may be likened to a steam heating plant which has been going at a pretty high pressure all winter, but now, when the weather becomes warmer, we must open the furnace door, shut down the drafts and keep the fire as low as possible if we do not want to be overheated. Similarly we must cut down the fuel supply of the body with the approach of warm weather. It is foolish to keep on stoking our engines when the higher temperature about us does not require that the body work so hard to keep warm.

The only way to keep cool and thus not feel tired is by avoiding those foods which create heat or build tissue too generously. First of these are all the fats and then the starches or sweets. Let us therefore avoid the alluring doughnut, the elusive croquette, the pastry tray and the meats with rich gravies, for foods that are fat or heavy should be shunned in the changing season, when the body most particularly cries out for foods that are cooling, refreshing and light. Avant with puddings, discard the pot roast, and in their places substitute salads, fish, fruits and the uncooked cereals. Give the body a chance to work off the clinkers of winter without choking it up with new fuel. Patronize nature's medicines and you won't need the doctor's. Drink plenty of water, lemon and fruit juice. Cut down your helping by a third and see if you don't feel as sprightly as a robin instead of lousy and weak. Your spring tonic is on the vegetable stand, and your spring prescription is to eat less and drink more.

The group of foods called proteins, of which meat is most important, are those which, science tells us, build up body tissues. Now, the spring is not the season to build up tissue unless we have been overworked during winter; also the protein of meat is particularly likely to leave a residue of uric acid in the body. But our aim now is to house clean the system, and we want to avoid complicating the housecleaning by eating foods which will leave still more refuse. Elimination of meat almost entirely is one of the wisest plans for summer health. Cheese also is not an advisable diet for most.

### SETTING HER CAP.

One of the New Bath Helmets That Are Ever So Smart.

Spanish modes influence even our bathing togs this spring. The cut shows an ultra cap of best quality red



READY TO DIVE

rubber, daintily embossed and rigged with a back flap that may be tied up on to the band when not actually protecting life ears.

### The Vogue of Wicker.

Many of the wicker materials—reed, rattan, cane and bamboo—are of Asiatic origin, Singapore being the world market for them. Reeds are used both whole and split.

Bamboo, while not strictly wicker, is often used with rattan or with grass

matting. Its chief merit is its cheapness.

Grass, too, is hardly wicker, but is used as an outer testual covering rather than as a material for construction, the base being some light wood like willow.

### Baked Breast of Lamb.

Remove the skin, put the meat in a stewpan, cover with boiling water and simmer twenty-five minutes. Bone, dredge with flour, pepper and salt, roll and skewer into shape, add one cupful of the water in which the lamb was cooked and bake until tender and brown, basting frequently. Serve with cucumber sauce.

### Persian Shawls.

The "shal" of Kerman—whence our word "shawl"—is made of goats' hair. Like the carpets, the shawl patterns are learned by heart, and the work is even finer. Children also do this work. The finest product is a fir cone pattern, a rich color effect, made especially for the governor of the province, who wears it as a robe of honor on the Persian New Year's day.

### Appropriate Styles.

"That eclecticism believes in dressing the part for any recitation."

"How do you mean?"

"Why, when she read the story about the sailors deserted on the lonely island she wore a costume of maroon, and at her lecture on Celtic wit her dress was all trimmed up with Irish point."—Exchange.

No More Asthma. Dr. J. D. Kellogg's Asthma Remedy sounds the death knell of this trying trouble. It stops the awful choking and painful breathing. It guards against night attacks and gives renewed ability to sleep and rest the whole night long. Much is claimed for this remedy, but nothing but what can be demonstrated by a trial. If you suffer from asthma try it and convince yourself of its great value.

### An Ancient Superstition.

Superstition still survives in County Antrim, and an illustration was recently furnished by a remarkable incident which occurred at a place called Aghadalgan, near Crumlin. A few weeks ago a farmer was working in a field about 200 yards from his dwelling-house, when the latter was broken into and a sum of £50 abstracted. He advised the Crumlin police, who proceeded to make investigations, but were unable to find the slightest clue that would lead to the detection of the criminal. On the following day, accompanied by his brother, the farmer paid a visit to Belfast, and on their return in the evening a story got circulated that they had been in consultation with a witch, who produced a mirror, in which was reflected the guilty person, and that she assured them the lost money would soon return. And, behold, on the next morning, when the rural postman was coming in from his rounds, he discovered, on a window-ledge at the Rose's Lane Ends Post Office, a small parcel addressed to the farmer, which on being opened was found to contain £45 10s. It is stated that the farmer intends to consult the Belfast witch again about the balance not returned.

### Sex Antagonism Stopped.

One of the most subtle results of the war is the far-reaching change in the relations of the sexes to each other. Before the scraps of paper came to be torn up there was a great deal of sex-antagonism about, but the declaration of war seemed to blow it away as if by magic. Instantly, the sexes fell into their proper places, the men to fight for their homes, the women to stop there and "carry on." Like all great things, it was wonderfully simple, and we never noticed it till months afterwards.

"But I doubt whether this happy state of affairs will last," says Mrs. Chilton Braby in a London, Eng., newspaper. "With all my heart I would it might so prove. But to me it seems that the most bitter war of all will be the sex war to come. Not, perhaps, quite in the near hereafter, but, roughly speaking, within a few years of peace."

### To Exclude All Aliens.

At a communication of the Grand Lodge of England in London recently the Duke of Connaught was unanimously re-elected Grand Master of England Free Masonry, for the ensuing year. In June of last year, Grand Lodge decided that in order to prevent the peace and harmony of the craft being disturbed it was necessary that all brethren of German, Austrian, Hungarian, or Turkish birth should not during the continuance of the war attend any Masonic meeting of any description. It was determined at this meeting to extend this restriction "until Grand Lodge, after the treaty of peace has been signed, should otherwise determine," which might result in a perpetual exclusion of all brethren of alien enemy birth.



Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

### Honor Roll, C Company 149 Batt

- Sergt. W. H. Smyth
- Sergt. R. D. Swift
- Sergt. W. D. Lamb
- Sergt. M. W. Davies
- Sergt. S. H. Hawkins
- Sergt. E. A. Dadds
- Corp. W. C. McKinnon
- Corp. W. M. Bruce
- L. Corp. J. C. Anderson
- L. Corp. H. Murphy
- L. Corp. C. F. Roche
- L. Corp. A. I. Small
- L. Corp. J. Menzies
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. S. E. Dadds
- Pte. J. R. Garrett
- Pte. H. Jamieson
- Pte. G. Lawrence
- Pte. R. J. Lawrence
- Pte. C. F. Lang
- Pte. W. C. Pearce
- Pte. T. E. Stilwell
- Pte. A. H. Lewis, Bugler
- Pte. G. A. Parker
- Pte. A. W. Stilwell
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- Pte. A. Armond
- Pte. W. C. Aylesworth, Bugler
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- Pte. Geo. Gibbs
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- Pte. B. Trenouth
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- Pte. C. Skillen
- Pte. Lot Nicholls
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper
- Pte. F. A. Connelly
- Pte. B. Whittman
- Pte. C. E. Sisson
- Pte. Edgar Oke
- Pte. White
- Pte. McGarrity
- Pte. Wilson.

### GRAND TRUNK RAILWAY SYSTEM

#### TIME TABLE

Trains leave Watford Station as follows:

GOING WEST	
Accommodation, 75	8 44 a.m.
Chicago Express, 3	11 19 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	

### OUR CLUBBING LIST

THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star	\$1 90
Weekly Mail and Empire	1 85
Weekly Farmers Sun	1 85
Weekly London Free Press	1 90
Saturday Globe	2 00
Northern Messenger	1 40
Weekly Montreal Witness	1 90
Hamilton Spectator	1 85
Weekly Farmer's Advocate	2 40
Daily News	3 00
Daily Star	3 00
Daily World	4 00
Daily Globe	4 00
Mail and Empire	4 00
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