

NO ALUM



Health of Animals

The recently issued report of the Veterinary Director General (F. Torrance, B.A. D.V.S.) is a comprehensive document and one worthy of extensive public reading. There is no branch of agriculture of more universal importance than the health of food-producing and utility animals. Dr. Torrance goes fully into the activities of his branch. "In some directions," he says, "such as the control of glanders and of mange, much progress has been made; the country has been protected against invasion by diseases foreign to it; additional facts have been brought to light by the members of the branch engaged in scientific research, and there has been a marked advance in the division entrusted with the inspection of meat and canned goods." On the other hand, the Veterinary Director General continues, "I have to report a serious outbreak of dourine in the province of Alberta and continued losses from hog cholera."

Regarding glanders it was found necessary to slaughter only 353 horses in 1914 as compared with 638 in 1913. In combating hog cholera 9,900 hogs were slaughtered in 1914 at a cost of \$61,588.44 in compensation. The figures in the latter instance present a formidable aspect, but, as Dr. Torrance remarks, "As the hog population of Canada is approximately 8,000,000 the loss of even 10,000 is not high." He adds that the disease rarely breaks out a second time on premises where it has been extirpated, that the feeding of uncooked garbage to hogs continues to be in many cases the cause of the initial outbreak, and that the neglect of owners to notify the department of the appearance of the disease is chiefly responsible for its spread. The last remark applies to all other infectious or contagious diseases. The war against tuberculosis continues with unremitting vigor.

The research and experiments carried on at the different official laboratories is described, and statistical table given of results, and of the inspection of animals imported and exported and of packing establishments and abattoirs. Import inspections from the United States and Newfoundland in the year ending March 31st, 1914, totalled 29,726 horses, 1,641 mules, 14,747 cattle, 213,332 sheep, 374 swine, 822 goats, 22 asses, 8 elk and 5 elephants.

Some two dozen contributions from the chiefs of divisions stationed at different points—inspectors, pathologists, biological experts and superintendents of quarantine stations—with a number of illustrations of animals variously infected, combine to make a most useful and widely interesting report, which can be had free on application to the Publications Branch, Department of Agriculture, Ottawa.

Women and Asthma. Women are numbered among the sufferers from asthma by the countless thousands. In every climate they will be found, helpless in the grip of this relentless disease unless they have availed themselves of the proper remedy. Dr. J. D. Kellogg's Asthma Remedy has brought new hope and life to many such. Testimonials, sent entirely without solicitation, show the enormous benefit it has wrought among women everywhere.

Virtue must be its own reward that's why so few of us get rich. Trouble is one thing that comes to a person who butts into a quarrel between a man and his wife.

A man's little innings depend generally upon his little outings.

**Children Cry
FOR FLETCHER'S
CASTORIA**

THE COLLEGE GIRL.

Hints For Her Health, Both Mental and Physical.

College life, with its hard tasks, its many pleasures, its incessant "busyness," makes many demands upon the vitality of those living it. The robust girl would most assuredly come through unscathed, but the girl who is a little weak, the girl not quite of average physique, would not be able to find in athletics just the help she needed and would, indeed, harm herself by them if she persisted in engaging in them to any marked extent.

The old fashioned term of derision for a woman with erudition was that of "bluestocking." Such a learned female was a rarity in those days, when it was deemed that a woman suffered a loss by education, became a creature of the head rather than of the heart. Times have changed with a vengeance, and "bluestockings" exist in great numbers, and there is nothing abnormal about them at that, nor are they lacking in the softer qualities so dear to the sentimental heart of mankind. Womanhood has gained, not lost, by education, it goes without saying, and the most cultured one of them all is not above the natural and right desire to lead her best under all circumstances.

Beauty for the college woman is just as much to be desired as for the one not so well favored by fortune as to go to college, and the girl who values her rosy cheeks and bright eyes naturally does not enjoy the prospect of losing them, and she may well wish counsel to help her to that end and may well resolve to remember such instruction.

Her cue might be taken from the one girl spoken of above, so that she shall guard against excessive activity, whether mental or physical, that she will surely be wise in taking care of her digestion, so as to retain her appetite as well as her ability to assimilate that food and shall surely avoid that continuous and tiring effort to "keep up" with everything upon the program, which is so useless an exertion.

Hot Water For the Bath.

It is the hot water for bathing that causes the most inconvenience when the range fire is out in the summer. Cold water alone is very inadequate, and heating water on the gas range and lugging it upstairs is very tiresome and unsatisfactory. By the time you get it up to the tub there seems to be a scarcity of both heat and water.

Of course there is the regular hot water heater that the gas company will attach; but, like all luxuries, they are an extra expense and increase the gas bill also. When economy is no object they solve the problem perfectly.

One woman helped matters some by placing a small skeleton gas cooker in an unused room near the bathroom back of a screen. With it was a tea-kettle and a good sized galvanized bucket for heating water, the kettle being convenient when just a small amount was needed. When a bathroom has an extra gas burner and is large enough the heating apparatus could be placed there.

Mint Jelly.

An excellent jelly to serve with either hot or cold meat is a mint jelly, the foundation being apple. Cook the apples the same as for apple jelly, strain the juice and add a handful of crushed mint. Boil until the flavor is extracted, strain twice and add the same amount of sugar and boil until a thick jelly is formed. Grape juice can be flavored in the same manner and also cranberry juice, which is really delicious when flavored with fresh mint.

Strength of Eggshells.

Most people are aware of the power of eggshells to resist external pressure on the ends, but not many would credit the results of tests which were made recently and are genuine. Eight ordinary hens' eggs were submitted to pressure applied externally all over the shell, and the breaking pressures varied between 400 and 675 pounds per square inch.

Our House.

Oh, won't you play in our house?
The carpet is so green,
And there are ferns and flowers
All growing up between?
And there are stones and fences
And meadow banks and billtops
For climbing, too, upstairs.
And tall, tall trees for columns
To hold the roof so blue—
Oh, won't you play in our house,
For it is yours, dear, too?

SOME SANDWICHES.

Pumpnickel Sandwiches.

Slice thin, butter, cover with slices of bologna and a little chopped dill pickle.

Rye Bread Sandwiches.

Between well buttered slices of rye bread spread a layer each of wafer thin slices of Bermuda onions, lightly

salted, and bologna sausage.

Cheese and Anchovy Sandwiches.
Blend well together Parmesan cheese and anchovy, one part of the fish to two or cheese. Add a little dill and spread between slices of zwieback.

Honey Sandwiches.
Spread honey between slices of bread and butter, taking care that it does not run over the edges.

Fig Sandwiches.
Chop figs fine, add a little water and cook slowly until the right consistency for spreading. Add a few chopped nut meats and a little finely shredded orange peel and spread between thin slices of brown bread.

HOW SAVINGS GROW.

Ben Franklin's Proof That "Money is of a Prolific Nature."

After publishing his "Poor Richard's Almanac" for twenty-five years and giving thirty-two years more as thrift teacher of his country Benjamin Franklin put into his will a provision to demonstrate the power of accumulated savings.

To the cities of Boston and Philadelphia he left \$5,000 each. The money was to be put out at interest and allowed to accumulate for a hundred years. At the end of that time, he figured, each city ought to have \$500,000. He directed that at the end of the hundred years \$500,000 should be invested by each city "in public works which may be of most general utility to the inhabitants." The rest should then be put at interest for another hundred years, when the accumulation should be divided, one-quarter to the city and three-quarters to the state.

When the first hundred years were past Boston found that she had \$663,923 to her credit from the Franklin fund. Taking \$500,000, Boston established a training school for mechanics. The remaining \$163,923 was put out at interest again.

Philadelphia's experience with the original fund of \$5,000 was about the same as Boston's.

Now, Franklin figured that at the end of the second hundred years, when the fund is to be distributed, each fund ought to amount to about \$200,000. But Boston's fund at the end of the first hundred years exceeded Franklin's estimate by \$13,923. So here's a problem:

If Boston handles the fund as successfully in the second hundred years as she did in the first how much in excess of \$200,000 will it be?

Franklin's demonstration was impressive; \$5,000 will go into \$663,923 how many times? Nearly 133 times. Wasn't he amply justified when he said, "Money is of a prolific nature?"

What sort of a demonstration can you make?—John Oskison in Chicago News.

THE LAWYER'S FABLE.

It Took the Sting Out of His Opponent's Florid Oratory.

A barrister who was possessed of an abnormally loud voice was making an eloquent address to a jury. His case was fairly strong; he was much in earnest, and his trumpet tones made the rafters ring. In a hurricane of sound he closed his argument and sat down. The jury looked serious and thoughtful and were evidently much impressed. The opposing barrister had a face like a hatchet and a thin low voice—the exact opposite of his learned friend. When it became his turn to address the jury he began:

"As I listened to the rather thunderous appeals of my learned friend I recalled a fable which I heard in my youth. A lion and an ass entered into a compact to slay the beasts of the field and share the spoil. They divided the work; the ass was to go into the thicket and bray and frighten the animals out, while the lion was to lie in wait and kill the fugitives as fast as they appeared. Well, the ass sought the darkest part of the jungle and, lifting up his awful voice, brayed and brayed and brayed. There never was heard such a fearful din.

"The ass was quite intoxicated with his own uproar and thought he'd return to see what the lion thought of it. With a light heart he went back and found the lion looking doubtfully about him, pale in the face and trembling in every limb. 'What do you think of that for braying?' said the exultant ass. 'Don't you think I scared them?' 'Scared them?' repeated the lion in an agitated tone. 'Why, you'd have scared me if I didn't know you were a jack-ass!'"—London Graphic.

The Kings of Denmark.

The dust of the Danish kings is kept in a great cathedral at Roskilde, an old town twenty miles from Copenhagen. Every year the entire royal family always pay a visit to Roskilde in obedience to an ancient custom. On one of the pillars are marks showing the height of Peter the Great, Nicholas, the Iron Czar; Alexander III. of Russia, the king of England and many other kings. The cathedral was built in the eleventh century. It has two mighty towers, which can be seen at a long distance. The oldest grave is that of King Harold I. who died in 987.

TWELVE INCH SHELLS.

These Big Projectiles Carry a Thirty Pound Explosive Charge.

High power projectiles are constructed with cavities in their centers which contain the explosive charge, the explosive carried varying with the size of the projectile. A twelve inch shell, weighing 870 pounds, carries about thirty pounds of explosive. The cavity of such a projectile is about seven inches in diameter at the base, and gradually tapers in size toward the point. After the charge is placed in the projectile a plug is screwed into the base, thus sealing up the explosive, and a fuse is inserted in the center of the plug extending into the explosive within the cavity.

The fuse, without which the explosive is harmless, depends upon the high rotary motion of the shell to become active. This rotary motion is imparted by the rifling of the gun. In the smooth surface of the tube are cut the rifling grooves of a width of about one-eighth inch.

Round the shell, near its base, in a groove cut for the purpose, is compressed what is known as the rotating band. This band projects above the surface of the shell and corresponds with the rifling grooves, so that upon its discharge it is forced into the rifling, where it acts as a seal to prevent the escape of the gas formed by the exploding powder and gives the shell the required rotary motion, which keeps it on its true course with its point always in a direct line ahead.—London Tit-Bits.

PECULIAR OCCUPATIONS.

Those of the Bacteriologist, Anthropologist and Plant Doctor.

What man leads the most peculiar modern life? The question is not an easy one to answer offhand, but it is doubtful if any one spends his days in a more strange manner than the bacteriologist. Day after day, week after week, year after year he works in the laboratory, into which only the privileged may enter, studying the microbes of disease. He may not open the window lest he infect the whole neighborhood with typhoid or diphtheria, or any other diseases with which he is at close quarters all day. He encourages bacteria to multiply, and then through a microscope, or sometimes with the naked eye, he watches how they spend their time, in order that he may combat their deadly influence.

While the bacteriologist looks forward, the anthropologist looks backward. He is the man who dashes off to any place when he hears a deep excavation is being made, and hopes always that he will find a skeleton, and especially a skull, for he is never so happy as when he uncovers human relics going back centuries.

The plant doctor is akin to the bacteriologist, for, like the latter, he spends much of his time in the laboratory, not studying the enemies of the human world, but the enemies of the plant world, and he is very proud when, after diagnosing and treating the various ailments of flowers, he runs across, say, the enemy of a rose, and finds how it may be kept from doing harm.—London Tit-Bits.

Feeding by Law.

A law to punish by imprisonment persons found guilty of overfeeding was actually promulgated in France during the reign of Charles IX. when the cost of living reached an unconscionable height. It was then ordained that no person should eat more than three courses at a meal, the amount to be served at each course being also prescribed. Heavy fines were imposed for any breach of this law.—Pall Mall Gazette.

Their Relation.

"The abbreviations of two of the states of the Union ought to be very close to each other in popular association."

"What are they?"

"Ill. and M. D."—Baltimore American.

To Cool Off.

"What has become of that son of yours who was going to set the world on fire one of these days?"

"He has gone into the ice business."

—Boston Transcript.

Invincible.

"What is a triple alliance, Tommy?"

"It's when pa an' ma an' the school-teacher agree that I ought to have a lickin'."—New York Times.

Small but Potent.—Parmelec's Vegetable Pills are small, but they are effective in action. Their fine qualities as a corrector of stomach troubles are known to thousands and they are in constant demand everywhere by those who know what a safe and simple remedy they are. They need no introduction to those acquainted with them, but to those who may not know them they are presented as the best preparation on the market for disorders of the stomach.

Good intentions should be covered with asbestos.

A woman never hesitates until she has made up her mind.

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:

- Regimental Number.
- Rank.
- Name.
- Squadron, Battery or Company.
- Battalion, Regiment, (or other unit) Staff appointment or Department.
- CANADIAN CONTINGENT.
- British Expeditionary Force.
- Army Post Office, LONDON, England.

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

For Frost Bites and Chilblains.—Chilblains come from undue exposure to slush and cold and frost-bite from the icy winds of winter. In the treatment of either there is no better preparation than Dr. Thomas' Electric Oil, as it counteracts the inflammation and relieves the pain. The action of the oil is instantaneous and its application is extremely simple.

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Daily Globe	4 00
Mail and Empire	4 00
Morning London Free Press	4 00
Evening London Free Press	3 00
Morning London Advertiser	3 00
Evening London Advertiser	3 00

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST	
Accommodation, 75	8 44 a.m.
Chicago Express, 3	12 13 p.m.
Accommodation, 83	6 44 p.m.

GOING EAST	
Accommodation, 80	7 43 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