

Brings Misery, but Dr. J. D. Asthma Remedy will replace it with welcome relief. In smoke or vapor it reaches the most recesses of the bronchial and soothes them. Restriction of easy breathing returns. If as well how this remedy would as do thousands of grateful people would be a package in your sight. Try it.

Official church census of Scotland: total adult membership of the churches as 1,385,000, to be added "children and adhering" the total to 2,427,000. An Catholic church has 546,000 making the total church population, 793,000. This, deducted from population, gives a "churchless" of 1,788,000.

That one of "the members of exation would be unless a con- amount of blood was transfused only, the Rev. F. E. Powell, St. Barnabas' Church, offered to sacrifice, and Dr. Reginald A. refused a pint of his blood to the Mrs. M. A. Southgate.

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The Harmless but Efficient remedy for Headache, Neuralgia, Anemia, Sleeplessness, Nervous Exhaustion, &c.

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Brisol, N.B., July 25th, 1914.
"I had a stroke of Paralysis in March, and this left me unable to walk or help myself and the Constipation was terrible. Finally, I took 'Fruit-a-tives' for the Constipation. This fruit medicine gradually toned up the nerves and actually relieved the paralysis. By the use of 'Fruit-a-tives' I grew stronger until all the palsy left me. I am now well and attend my store every day."

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Fruit-a-tives is nature's own remedy and 'Fruit-a-tives' is made from fruit juices. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

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Nut like flavor a sweetness that you look for.
A crisp thin crust that has flavor.
A nice, white, well-risen loaf, that retains its flavor for days, and cuts without crumbling.
Every slice not only a delight, but a source of vitality, alive with the matchless nutrition of Manitoba's richest wheat.
Bread that ensures ready and complete digestion.

TRY A LOAF
Lovell's Bakery

Welsh Outlook: Since the outbreak of war an army has been raised in Wales that is very much larger than the one Wellington commanded at Waterloo. It is difficult to form an accurate estimate of men raised in Wales: for in addition to the men who have formed the new units of the old-established regiments of Wales and the newly created Welsh Guards and Welsh Horse, many thousands of Welshmen have joined English, Irish, Scottish and Colonial regiments. The German menace the freedom of Europe appears to have thoroughly awakened the old fiery martial spirit of the Cymry, and we have it on the best authority that Wales has contributed a higher percentage of its population to the army in this crisis than any of the other nations in the Empire.

Oil for Toothache—There is no pain so acute and distressing as toothache. When you have so unwelcome a visitor apply Dr. Thomas' Electric Oil according to directions and you will find immediate relief. It touches the nerve with soothing effect and the pain departs at once. That it will ease toothache is another fine quality of this Oil, showing the many uses it has.

THE SIGNAL

A Story of Revolution in Mexico

By F. A. MITCHEL

The republic of Mexico had been tranquil under the presidency of Ippolito Quintana, and it was supposed by that people of many governments that they would be permitted to continue at peace and to recover from the effects of anarchy.

But no one can tell what is about to happen in Mexico. In that country a revolution is liable at any time to flash like lightning from a clear sky.

One afternoon Manuel Coral, a nephew and the secretary of the president, rode into the country a distance of a dozen miles to the residence of General Munez, whose title had come from his once having commanded a band of revolutionists. But Coral was not going to see the general. Inez Garcia, the daughter of a former president of Mexico who had been deposed and garroted, being without means of support had been taken into the Munez family and made governess to the general's children. To his surprise the visitor saw under an assumed cordiality a partially concealed antagonism.

The general seemed to be displeased at his coming. His previous visits had been welcomed by the host, and the visitor had every reason to presume that his attentions to Senorita Inez were approved by the general and his family. Their approval was a matter of importance, for the young lady owed them much and was treated more like one of them than a hireling. Manuel's first thought was that for some reason unknown to him they had withdrawn their consent for a match between him and their protegee.

"You will find Inez within," said the general after placing his hand coldly on that of Manuel. "She is arranging flowers for the table. Of course you will sup with us."

Manuel went into the house, meeting Senora Munez in the hall. She started on seeing him and knit her brows; then resuming her usual cordial manner she welcomed him, called Inez from the dining room, and the visitor and the senorita passed into the drawing room.

Inez, if she did not appear discomposed at his coming, seemed troubled. "Something is wrong, sweetheart," said Manuel. "The general received me with, to say the least, embarrassment. Senora Munez was startled at seeing me, and you do not greet me as usual. Tell me what it all means."

Inez was silent for a moment, then made a reply that Coral knew was a prevarication.

"Don't you think you are exaggerating the want of cordiality of your reception? The general and Senora Munez may have something annoying on their minds that renders the presence of a visitor in the house just at present inconvenient to them."

Manuel studied her face, which was half averted, for a few moments and made up his mind that something was on hand which might be important, something that he should know. He resolved to conceal his suspicion.

"I can very well understand such a situation," he said. "Unlucky the hosts as well as the visitor who comes at an inopportune time. But, now I am here, we must all make the best of it. My ride from the city has given me an appetite, and the general has invited me to supper. If I find later in the evening that my presence is annoying I will go back to the city. It is a two hour ride and there are cutthroats on the way, but I will not force myself upon those who do not wish my company."

At the mention of his riding over a road that was infested by robbers Inez clung to him, appearing much disturbed. But she said nothing, and in another moment supper was announced.

After the meal Coral and his sweetheart were again permitted to occupy the parlor together. Manuel did not refer again to the want of cordiality with which he had been received. At 9 o'clock he arose to go. Inez seemed disturbed, but did not invite him to remain. Passing into the hall, the general came out of a room opposite to meet him.

"You are not going to the city to-night?" said Munez.
"Certainly. Why not?"
"Better remain here. I insist upon it. I should not forgive myself if you should meet with trouble on the way."
"What trouble?"



Never mind that. We have a room for you, and I shall expect you to occupy it."

This was spoken not in a tone of invitation, but of command. Coral was more surprised than ever. Something was surely in the wind.

"Very well, general. Since you insist upon my remaining I will do so. But the president will be in his office early in the morning. That means that his secretary must be there early also."

"That case you had better go to bed early. I will show you to your room. If I permit you to rejoin Inez, there is no telling when you will tear yourself away from her."

"May I ask, general, if there is any change in you and Senora Munez as to my union with Inez?"

"There is not."

"Very well. I will retire to my room now."

The general led the way to the second floor, all the rooms of which opened on a court. Throwing open the door to one of these rooms, the general set the candle he held on the bureau and, bidding his guest good night, left him. Coral was puzzled. The general had assured him that his devotion to Inez had nothing to do with the manner of his reception. What, then, could it mean? He was at a loss to form any theory. He went to bed, but could not sleep for thinking of a solution. He expected to arise at 5 o'clock and ride to the city before 8. At 10 o'clock he heard the sound of a horse's hoofs on the road. They grew more distinct, approaching the house, and stopped before it. Coral heard what sounded like the clank of a saber.

In ten minutes the comer rode away, but within half an hour another horseman came and went as the other had done. Up to midnight five or six persons visited the house. Coral heard them come and go, but nothing more. Something surely was brewing. He began to get sleepy, but preferred not to go to sleep. To prevent his doing so he left his bed and sat by a window. The room was chilly, and he put on some of his clothing.

On a rise in the ground several miles distant he saw a light. It was a bonfire. On another summit was another. He counted five of these fires within view. What did they mean?

A faint light appeared in the east. A few minutes later Coral saw a flash through the keyhole of his door. Going to the door, he opened it just far enough to look out. He saw Inez with a candle in her hand at the foot of a staircase leading up to a square tower built at the corner of the house. He had often been up there and knew that there was a ladder in it giving access to the roof.

Inez ascended the stairs. Coral emerged from his room, ran around the corner and followed her, overtaking her in the room that constituted the tower. So stealthily did he move that she did not know of his presence till she stood at the foot of the ladder leading to the roof, when she felt herself clasped by a pair of arms. Turning her head, she saw her lover.

"What are you going to do?" he asked in a whisper.
He partly unloosed her, and her head sank upon his breast.
"How unfortunate!"
"What is unfortunate?"
"Your coming at this time."

"Inez," he said sternly, "something is wrong. You are doing the work of General Munez. Choose now between him and me, once and forever."

"I am obliged to choose you. I cannot do what he requires of me without your permission, and when you know my intention you will prevent me."

Then followed a confession which amazed Coral more than his frigid reception, but explained it. General Munez was at the head of troops who were to begin their march to the capital at dawn to assassinate the president and seize the government. The insurgents were scattered. Each group had kindled a fire as a signal that it was ready and waiting. General Munez had gone to a point of rendezvous to take command. He had exacted a promise from Inez that she would at dawn show a light on the tower of his residence as a signal for the different bodies to converge at the point where they would find him.

Having received the confession, Coral at once thought himself what to do. "Inez," he said presently, "you have kept your word with your benefactor against your lover, so far as you are able. I will not permit you to give the signal. Promise me that you will go to your room and remain there, taking no further part in this matter. I will set out at once for the capital and warn the president. Do as I say, and I promise you that no action shall be taken against General Munez. Without the signal the revolution will collapse. The president will ignore it."

This proposition accorded with Inez's desires. She had been bitterly opposed to a movement which, having been concocted in the house where she lived, she was necessarily cognizant of. If successful it would make a breach between her and her lover; if it failed General Munez would suffer death. She made the promise.

"But you will not get through," she added. "All the roads leading to the capital are picketed, the guards being instructed to pass no one without the countersign."

"What is the countersign?"
She hesitated for a moment, then said, "Since the revolution cannot be carried out perhaps it is better that you should have it." Then she whispered it in his ear.

"Goodbye, sweetheart," he said. "You have acted for the best. The attempt would have failed, and General Munez would have suffered death."

Descending to the yard, he went to the stable, saddled his horse and was soon flying over the road to the city. He was often stopped; but, having the countersign, he was not long delayed. He now understood why the general had kept him overnight. He knew that Coral would not get through.

The signal not having been given, the troops dispersed at sunrise and the general returned to his home, wondering why his plan had gone awry, for he trusted Inez implicitly. She told him her story, and he admitted that she had acted for the best.

Instead of being shot as a traitor, General Munez was given a fat office, and he and the president shook hands at the wedding of Manuel Coral and Inez Garcia.

The Penalty of Pride.
"When I was running a circus," said a retired showman, "I never lost an opportunity of advertising. I always made it a point to get my name everywhere, and whenever any one asked for my autograph you may be sure he got it. Once when I went to a little town a great string of boys and girls stood in a line waiting for a chance to get my autograph on the small cards they carried. I wrote them as fast as I could, thinking proudly, 'Felix, old boy, your name is getting to be a household word.' When I looked around the tent that afternoon I thought all the school children in the town were there. That meant money, and I was feeling pretty happy till I began looking over the receipts, and then I found over a hundred of my autographs with the words 'Admit bearer' written above them."

Hearing Keener Than Sight.
An Irishman, an Englishman and a Scotchman once went up into a tower to see which could see the farthest through a telescope. The Englishman, who looked first, said:

"Oh, Pat, I can see the minute hand of a clock four or five miles away."

"I can see the minute hand of the same clock moving," said the Scotchman.

Pat stood in amazement listening to his comrades. When he looked through he was seen to smile. Then—

"Faith, if I don't hear the same clock striking."

One of Those Friends.
"Wombat, I'm a friend of yours and I must tell you that today Flubdnub was saying some very mean things about you."

"If you are a friend of mine why did you stand there and listen to him?"
"Well, I'm a friend of his too."

Assisting the Wicked to Flee.
"The wicked flee when no man pursueth," quoted the deacon to the minister.

"Yes," said the minister, who believed in muscular Christianity. "That is true, but they make much better time when somebody is after them."

EVERY WOMAN LIKES

to preserve her complexion. At this time of year, despite the raw, biting winds and sudden changes of temperature, this is an easy task if she uses Zam-Buk.

Zam-Buk is a skin food, that not only keeps the surface skin smooth and soft, but, being of unusual penetrating power, reaches and feeds the underlying tissues. It stimulates the cells to healthy action, produces vigorous circulation, which carries away all impurities, and thus creates a permanently clear complexion. How much more satisfying than a temporary complexion produced with the aid of powders and cosmetics!

An druggists 50c., or direct from Zam-Buk Co., Toronto.

ZAM-BUK

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Men From Watford and Vicinity Serving the Empire

27TH REGT.—1ST BATTALION

Thos. L. Swift, reported missing since June 15
Rich. H. Stapleford
Bury O. 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. Blunt

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. Whittitt
B. Hardy
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. Auttonson
S. P. Shanks

2ND DIVISIONAL CAVALRY
Lorne Lucas
Frank Yerks
Chas. Potter
Rus. G. Clark

33RD BATTALION
Percy Mitchell Lloyd Howden
Gordon H. Patterson, died in Victoria Hospital, London.
Geo. Fountain

34TH BATTALION
E. C. Crohn
S. Newell
Stanley Rogers
Macklin Hagle
Henry Holmes
Wm. Manning
Leonard Lees

70TH BATTALION
Ernest Lawrence
—Emmerson
C. H. Loveday
A. Banks
S. R. Wholton
Thos. Meyers
Jos. M. Wardman

71ST BATTALION
R. H. Trenouth

28TH BATTALION
Thomas Lamb

MOUNTED RIFLES
Fred A. Taylor

29TH BATTERY
Wm. Mitchell
John Howat

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

135TH BATTALION
N. McLachlan

The Soldier

There's a voice that calls—
—Far above the din of
And its echoes linger long
Than the strains of hon
"Help!" it says: "The
ing!"
Stealthy foe is seeking
And let every man arm
Haste to help, while ye
Danger to our hearths
Tis our freedom that's
Hear ye not the baneful
Men of Canada! Awake!
Arm ye to the teeth for
Sever ties at duty's call
Rally round the Emper
—With our freedom, go

What will rock e'en the
Score its wealth from s
—Acres ripe for golden
—If our land spells G
Can we bow the knee to
Swear as servants of the
Up! Ye men, and cease
Freedom's battle must

Don the khaki, join the
Up! Away! Time's flyi
Let not victory's sun be
When our day of Grace
Stand for all our count
Strike the blow which
Honor! Truth! and R
—Slaves could scarcely

The Nations

Entente,
Great Britain,
France,
Russia,
Italy,
Serbia,
Belgium,
Japan,
Montenegro,
Portugal,
San Marino.

No Smoking in Pu

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Government prohibit
public buildings under
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quired to see that th
smoking is imposed.
requested to give the
warning to the public a
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Parkhill are quarantine
many high and public
debarred from attendi

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and so sweeping.
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Yes, here it is—a
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only \$850.

It is large enough
family—moderate
the reach of the m

New Car oi

J. R. Mc

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to preserve her complexion. At this time of year, despite the raw, biting winds and sudden changes of temperature, this is an easy task if she uses Zam-Buk.

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