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ROLL OF HONOR

Men From Watford and Vicinity Serving the Empire

27TH REGT.—1ST BATTALION

Thos. L. Swift, reported missing since June 15
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. Blunt
R. W. Bailey
A. L. Johnston
E. 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. 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. Auttersson
S. P. Shanks

2ND DIVISIONAL CAVALRY

Lorne Lucas
Frank Yerks
Chas. Potter

33RD BATTALION

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

34TH BATTALION

E. C. Crohn
Stanley Rogers
Macklin Hagle
Henry Holmes
Wm. Manning

70TH BATTALION

Ernest Lawrence
— Emmerson
Geo. Fountain
C. H. Loveday
A. Banks
S. R. Wholton
Thos. Meyers
Jos. M. Wardman

71ST BATTALION

W. D. Lamb
R. H. Trenouth

28TH BATTALION

Thomas Lamb

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

135TH BATTALION

N. McLachlan

Advice in Regard to Colds

Colds are very prevalent just now, one reason being the changeable weather which we have had for a few weeks. Sudden changes of temperature without preparation are apt to bring them on, and when they come they are likely to stay for some time. A western editor who caught a cold states that his friends gave him in one week the following infallible prescriptions:

Starve a cold. Don't eat.
Feed a cold. Eat all you can.
Stay in bed.
Take plenty of exercise.
Drink gallons of water.
Don't drink anything.
Let it run its course. It will anyhow.
Nip it in the bud.
Stay indoors and keep warm.
Get plenty of fresh air.
Take quinine.
Better see a doctor. You can't tell.

What's a cold anyhow? Cure it yourself.
It is likely, if we should have any more of this changeable weather colds will continue to be prevalent, and even the possible advent of steady cold weather will still have the accompaniment of a considerable quota, mainly because people violate the laws of health. The Ottawa Journal gives the following advice of how not to get colds, as follows:

1. Don't eat too much.
2. Don't drink spirits.
3. Don't keep your house red hot.
4. Get something like an hour's walking in the open air daily off and on; and as part of it, one stretch at least of half an hour continuously.
5. If you can add a little exercise or recreation of some other kind, the better.

He Wouldn't Desert

A good number of the young men of Hodgestown had gladly responded to Lord Kitchener's call for men, and in honor of the occasion the old squire gave the new recruits a feast in the village schoolroom. During the proceedings one of the recruits cleared his plate of all the courses, then, standing up, he removed his serviette and unbuttoned his tunic to make room for more victuals.

One of the waiters, noticing him, hurried up to him and whispered in his ear, "Dessert, sir, dessert!"
"Desert!" replied Hodge. "No bloomin' fear! Not as long as I can get a good feed like this for nothing."

Unsafe Lanterns

The season of shortened daylight brings its own peculiar fire dangers. One of these is the use of the lantern about farm buildings. Of recent years, owing to competition, a low-priced lantern, which is a serious fire menace, has been placed upon the market. Instead of being securely screwed on the oil reservoir, the burner is simply slipped on, with the result that, if the lantern is upset, the burner comes off and the oil is allowed to run out upon the lighted wick. The result is either an explosion or a serious blaze, and unless speedily checked, damage to life and property.

Conquers Asthma. To be relieved from the terrible suffocating due to asthma is a great thing, but to be safeguarded for the future is even greater. Not only does Dr. J. D. Kellogg's Asthma Remedy bring prompt relief, but it introduces a new era of life for the afflicted. Systematic inhaling of smoke or fumes from the remedy prevents re-attacks and often effects a permanent cure.

Johnnycake

Various kinds of bread, having meal as their basis, are of corn foods most generally in use. Of these "johnnycake" and "hoecake" are perhaps the most popular. Both are easily digested. Butter, or some other form of fat, should be eaten with both kinds of cake for two reasons: because, as in the case of rice, it prevents the corn from forming into a sticky mass in the stomach; and because the butter supplies an abundance of fats and a slight amount of proteins, in which, particularly the fats, cornmeal is somewhat lacking. On this account cane and corn syrups and molasses, should not be eaten as a "spread" with these corn breads, since the molasses, like the meal, is composed chiefly of carbohydrates, and oversupplies the body with this element.

Many children die from the assaults of worms, and the first care of mothers should be to see that their infants are free from these pests. A vermifuge that can be depended on is Miller's Worm Powders. They will not only expel worms from the system, but act as a health-giving medicine and a remedy for many of the ailments that beset infants, enfeebling them and endangering their lives.

POSTAGE STAMPS.

All Europe Laughed When Their Use Was First Suggested.

LOOKED UPON AS A HUGE JOKE

Rowland Hill Was Ridiculed For His Wild Postal Reform Idea, but He Persisted and Finally Won the Day For the Little Friend of Humanity.

Not since the days of the discovery of printing had there come to human beings such a boon as was launched in England on May 6, 1840, when the first postage stamps, the little friends of humanity, were used. That date in history marked the beginning of popular communication, placing within the reach of the poorest peasant the means of writing to relatives and friends. It put the people of the world into closer touch, it encouraged the art of writing as no other agency had done. But, greatest of all, it spread civilization.

Millions of people who today open their mail scarcely glance at the little stamp that adorns the wrapper. It but represents to them the cost of transporting and handling by the government.

Few indeed realize that the postage stamp is a modern contrivance, and that its great aid to modern life has played a remarkable part in the world's development during the past three quarters of a century.

It was in 1840 that Rowland Hill, an English schoolmaster, stirred all Europe to laughter by declaring that James Chalmers and himself had devised a system whereby a two sheet letter could be sent from London to Edinburgh for two cents and yet leave the government a fair profit on the transaction. At that time the fee was 54 cents for that distance for a two sheet letter.

Such a radical idea as Hill's seemed ridiculous to the public, which had looked upon the sending of communications as an expensive luxury. And so the joke went around, and the poor laughed with the others at the idea of any means that would place them on a par with the aristocracy.

Hill persisted despite the ridicule. He worked diligently on his schedule, and when the time was ripe he flashed the system on parliament and the public. Hill offered proof that was incontrovertible that the actual cost of the government for carrying each letter averaged only a small fraction of a cent.

He proved that the expense of hiring men to figure out postal rates on the system then existing, based on distance and the number of sheets, was greater than the profit gained, and he urged the adoption of a flat rate for all letters under a certain weight, no matter how short or long a journey they were to make.

He originated the idea of pasting a label on every letter, to show that the cost had been prepaid to the government, and pointed out that this would save the expense and time of collecting at point of delivery, which custom was then in general use.

The idea sprung by Hill and his friend, James Chalmers, gained friends after the first roars of laughter had died away. The government was pressed by not a few thinkers of the time to adopt the system. And so on May 6, 1840, postage stamps, or "stamped labels," as they were called at the time, were inaugurated. On the first stamp was a profile picture of the young Queen Victoria. The effect on the postoffice was instantaneous. Within two years—and they were panic years at that—the business of the postoffice nearly trebled.

How She Looked.

"I lost a dollar at the matinee this afternoon," remarked the fleshy woman to her husband, "and I never was so angry in my life."

"How'd it happen?" asked the man.

"I dropped it in the aisle," she answered shortly, "and I looked for it."

"That's all I could do."

"Did you look good?" persisted the head of the house.

"Did I look good?" shrilled the woman, really angry now. "I looked as good as a fat woman crawling around on all fours ever does."—Collier's Weekly.

Simply Fooled Him.

"I understand he let you in on a get rich quick scheme."

"No. Do you suppose I would be angry at him for that?"

"Then what was it?"

"He made me think it was a get rich quick scheme, but it wasn't."—Hunts Post.

Truthfulness consists less in stating true facts than in conveying a true impression.—Stevenson.

Tartar Alphabet.

The Tartars owe their alphabet to the Christian missionaries known as the Nestorians.

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:—

- (a) Regimental Number.
- (b) Rank.
- (c) Name.
- (d) Squadron, Battery or Company.
- (e) Battalion, Regiment, (or other unit) Staff appointment or Department.
- (f) CANADIAN CONTINGENT.
- (g) British Expeditionary Force.
- (h) Army Post Office, LONDON, England.

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

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Sarnia Woman Burned to Death

A sad fatality was discovered Friday morning when the dead body of Mrs. John Rainsberry was found at her home at 390 South Christina street.

Mrs. Rainsberry lived in one half of the house while another family occupied the other half of the residence. Last evening Mrs. Rainsberry was about as usual and retired at her accustomed hour. Nothing of an unusual nature was heard of during the night and this morning when Mrs. Rainsberry failed to respond to inquiries an investigation was started with the above result. Mrs. Rainsberry was found lying dead on the kitchen floor with her night clothing nearly all burned from her body and her body from the waist up burned almost to a crisp. The mat on the floor of her bedroom in front of her bed was also burned and there were evidences to show where the unfortunate woman had extinguished the fire. It is surmised that Mrs. Rainsberry arose some time during the night and either upset or let a lighted lamp fall. From appearances it looks as if Mrs. Rainsberry after putting out the fire in her bedroom attempted to go to the kitchen to secure more water to extinguish her burning night clothing but was overcome. Deceased was the relict of the late John Rainsberry and was aged about 76 years.

Relief for the Depressed.—Physical and mental depression usually have their origin in a disordered state of the stomach and liver, as when these organs are deranged in their action the whole system is affected. Try Parmelee's Vegetable Pills. They revive the digestive processes, act beneficially on the nerves and restore the spirits as no other pills will. They are cheap, simple and sure, and the effects are lasting.

Pincombe's Mill Collapses

Strathroy, Dec. 27.—The west wing of Pincombe's flour mill collapsed this evening, letting 5,000 bushels of wheat partly to the ground and partly into the river. The loss to the grain, as well as to the building, will total several thousand dollars.

Albert Acton, manager of the mill, had just left the west wing when the walls collapsed under the strain and allowed the building to fall in a heap.

The cause of the wreck cannot be given, but the building was old and may not have been properly constructed.

No statement as to the exact loss has been made.

SCIENTISTS HAVE PLEDGED THEIR AID TO THE KING by devoting all their energies to the task of bringing the war to a victorious conclusion. In the meantime, the health and nerves of our brave soldiers and their friends at home is suffering, and TAKE is the one perfect remedy for nerves. Fifty cents at your druggist's, or by mail from the Georgian Mfg. Co., Collingwood, Ontario.

James Misner, 60 years of age, who resided in Sombra, has been declared insane and was taken to Sarnia jail last week by Chief Ferguson.

The charred remains of an unknown man, supposedly a tramp, were taken from the ruins of a fire which a few days ago destroyed a barn on the farm of Thomas Kilbridge, near Wallaceburg.

Children Cry
FOR FLETCHER'S
CASTORIA