onveniences

nge has triple grate ly because each bar ely. The firebox is prevent clogging of pan is large enough 1 one day's ashes.

RANGE

DODDS & SON.



ATH quality, because ne has ever bought a Redpath sugar. It is

ghest. eeten it."

Limited, Montreal.



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WATFORD

Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Dreps and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, includes the Food, giving healthy and natural sleep. Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY

Would Save the Situation

Canada and the United States probably will be able to provide for the Allies' requirements of cereals other than wheat, during the next twelve months.

The Allied peoples themselves have been economizing with wheat and wheat flour. As Lord North-cliffe said in Montreal, "There is no such thing as white bread in the Old Country, from the King's table down-Other cereals are being tused but they cannot be used alone for bread. The Allies must add them to wheat flour to make the war bread now in universal use in European countries. Except in Italy, where the people normally consume much corn, there are few corn mills in Europe. Cornmeal, not being a Exterminators. durable commodity, cannot be ship-

The Allies must have a wheat flour basis for their war loaf. Unless the people of Canada and the United States are willing to substitute other cereals for part of the wheat flour which they nominally consume, they will be denying even war bread to many thousands of people. Substitution of at least one pound of other cereals for one pound of wheat flour weekly, per person, would saye a very large quantity of wheat for export. It would still be far short of meeting the normal consumption requirements of the Allies but it would save the situation.

Mothers can easily know when their children are troubled with worms, and they loose no time in applying the best of remedies—Mother Graves' Worm

Good habits of ped across the ocean in great quan- sive as the bad habits of others.



TRENOUTH CO.

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Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

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CALDWELL'S MOLA;SSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL

ALL KINDS OF GRAIN TAKEN IN EXCHANGE Chapping and Rolling Done While You Wait PHONE 39

FALL MODEL.

Military In Design, This Suit Was Built For the Stout.

Munition gray broadcloth set off with a navy blue velvet collar, itself adorned with silver, braid and a general's stars,



makes this dashing costume for her no longer youthful. Please note how the line of buttons lengthens the silhouette

ABOUT SOLDIERING.

Things Women May and May Not Do

In spite of the greatly enlarged field in which we can work there are impossibilities that should be clearly recognized. One girl writes that she wants to join a cavalry regiment for women and sees no reason why those young women who want to fight should be forbidden.

A woman's cavalry regiment would be a decided nuisance. There are times when women have fought and fought well. In cases of invasion, in a case like that of poor Servia, for instance, some women fought beside their men. But when such a pass is reached a nation is very close to extinction.

Other girls want to fly for the army, want to become dispatch bearers on the field, ask for commissions as sharpshooters, etc. The army is not a place for women in any capacity but that of nurse. There she can be supremely useful. Whatever a woman's capacity or training she should remember that she is a woman and that she would be decidedly in the way and very much a problem in a world of men such as a modern army must be.

Women can do their part in work that is open to them, such as cable and telegraph censoring, clerical work, nursing, relief work, enlisting work and supply organization. The country needs the services of woman, and tells her very clearly how and where it needs her. Let her fit herself for work she can do and not struggle for impossibilities, making a waste of her time and her energy.

PRIZE FURNITURE.

One Woman Testifies What She Made of a Table.

"I have recently made a little dressing table which is both attractive in appearance and useful, yet its cost was almost nominal. The foundation is an old kitchen table, which was thoroughly scraped and painted in a light putty color. To the back of this I affixed in an upright position a mirror about two feet six inches high and twenty inches wide. (This is one of three mirrors, equal in size and framed in wide plain oak frames, that I purchased for a very small price in secondhand shop.) Now I have the other two mirrors hinged in a vertical position to the frame of the central mirror, so that I can adjust them as occasion demands, swinging them backward and forward on the principle of the mirrors on expensive dressing ta-bles. On the top of the table is cretonne in putty, orange and blue, covered with plate glass. The dressing table seat was a piano bench, whose glaring mahogany finish I obliterated with putty colored paint. Upon the bench is a long cushion of cretonne matching the dressing table top and

Old Tea Looks All Right

Old tea and fresh tea, poor tea and good tea, all look alike. No wonder a woman often gets a bulk tea she doesn't like.

Red Rose Tea in the scaled package is always fresh, always good, always worth the price on the label.

Kept Good by the Sealed Package

Sour Cream Dressing. One cupful of fresh sour cream, one teaspoonful each of salt, sugar, pepper and mustard. Beat well and set in ice

bound with putty colored cord. As

this equipment was very moderate in cost, its real beauty is doubly appre-

chest two hours before using. No. 2.-Melt one tablespoonful of butter; beat it with two egg yolks and one teaspoonful of onion juice. Add one cupful of sour cream, one-half teaspoonful of salt, one-fourth teaspoonful of cayenne and one-half teaspoonful of sugar. Use for cucumbers or cold boiled vegetables.

THEY SOOTHE EXCITED NERVES. Nervous affections are usually attributable to defective digestion, as the stomach dominates the nerve centres. A course of Parmelee's Vegetable Pills will still all disturbances of this character, and by restoring the stomach to normal action relieve the nerves from irritation. There is no sedative like them and in the correction of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

Restless Nature. Nothing in nature is absolutely permanent. Changes are going on slowly, but steadily, every moment, parts of the earth being elevated above the sea, parts sinking below it, the ocean wearing away the coast in one place and building it out in another, and so on to infinity.

Asphalt.

Asphalt, with which so many roads are paved, was found by accident. Many years ago in Switzerland natural rock asphalt was discovered, and for more than a century it was used for the purpose of extracting the rich stores of bitumen it contained.

In Constant Training.

"Well, she never gets out of practice for a minute. She is always kicking." -Kansas City Journal.

One of Those Questione

"Pop!" "Well, what is it now?" "Say, pop, did the dog star ever have the dipper tied to its tail?"

To Be Sure. "The planet Saturn has two rings." "Only two! They must be doing pretty well with municipal reform."

Man is his own star, and that soul that can be honest is the only perfect

AFTER SICKNESS THEY GAVE

And She Soon Got Back Her Strength

New Castle, Ind .- "The measles New Castle, Ind.—"The measles left me run down, no appetite, could not rest at night, and I took a severe cold which settled on my lungs, so I was unable to keep about my housework. My doctor advised me to take Vinol, and six bottles restored my health so I do all my housework, including washing. Vinol is the best medicine I ever used."—Alice Record, 437 So. 11th St., New Castle, Ind. We guarantee this wonderful cod liver and iron tonic, Vinol, for all weak, run-down, nervous conditions.

Taylor & Son, Druggist, Watford, Ont. Also at the best druggists in all Ontario towns.

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Made the Supreme Sacrifice

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WANTED — Homes for one hundred good strong Lincoln ram lambs till next September, For sale, hire or on shares on easy terms, the most popular and highest priced of all British bred sheep, will improve any breed and increase your wool and mutton production.

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GOING WEST
Accommodation, 75....8 44 a.m.
Chicago Express.13....12 31 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