

## OVERWORKED, TIRED WOMAN TOOK VINOL

Now She is Strong and  
Hearty

Philadelphia, Pa.—"I was overworked, run down, nervous, could not eat or sleep. I felt like crying all the time. I tried different remedies without benefit. The doctor said it was a wonder I was alive, and when Vinol was given me I began to improve. I have taken eight bottles and am now strong and perfectly healthy in every respect, and have gained in weight. I can not praise Vinol enough."—Mrs. Sarah A. Jones, 1025 Nevada St., Philadelphia, Pa.

We guarantee Vinol to make overworked, weak women strong or return your money. Formula on every bottle. This is your protection.

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

## MEN WHO ENLISTED IN 149 BATT. AT WATFORD

Lieut. W. H. Smyth, Headquarters

Ottawa.

Lieut. R. D. Swift, Scout Officer.

Sergt. W. D. Lamb

Sergt. M. W. Davies

Sergt. S. H. Hawkins

Sergt. E. A. Dodds

Sergt. W. C. McKinnon

Sergt. Geo. Gibbs

Sergt. H. Murphy

Sergt. C. F. Roche

Corp. W. M. Bruce

Corp. J. C. Anderson

Corp. J. Menzies

Corp. S. E. Dodds

Corp. H. Cooper

Corp. C. E. Skelton

L. Corp. A. I. Small

B. Q. S. B. C. Culley

C. Q. S. C. McCormick

Pte. A. Banks

Pte. F. Collins

Pte. A. Dempsey

Pte. J. R. Garrett

Pte. H. Jamieson

Pte. G. Lawrence

Pte. R. J. Lawrence

Pte. C. F. Lang

Pte. W. C. Pearce

Pte. T. B. Stillwell

Pte. A. H. Lewis, Band

Pte. G. A. Parker

Pte. A. W. Stillwell

Pte. W. J. Saunders

Pte. A. Armond

Pte. W. C. Aylesworth, Band

Pte. R. Clark, Bugler

Pte. S. L. McClung

Pte. J. McClung

Pte. C. Atchison

Pte. H. J. McFeley

Pte. H. B. Hubbard

Pte. G. Young

Pte. T. A. Gilliland

Pte. D. Bennett

Pte. F. J. Russell

Pte. E. Mayes

Pte. C. Haskett

Pte. S. Graham

Pte. W. Palmer

Pte. H. Thomas

Pte. F. T.omas

Pte. B. Trenouth

Pte. E. A. Shaunessey

Pte. W. Zavitz

Pte. W. J. Sayers

Pte. Lot Nicholls

Pte. John Lamb

Pte. E. Easton Fowler

Pte. E. Cooper

Pte. F. A. Connelly

Pte. F. Whitman

Pte. Edgar Oke

Pte. White

Pte. McCarrity

Pte. Wilson

Pte. Richard Watson, Can. Engineer

Pte. L. H. Aylesworth, Band.

## JUMPER SKIRT IS POPULAR

Requires Blouse of Lord Fauntleroy  
Type of Which Exaggerated Col-  
lars and Cuffs Are Features.

If one is interested in the new jumper skirt brought out this year by no less an authority than Doeullet, and jumper skirts have always been adored by both women and girls—equally appropriate to women and girls if they are of the proper slender build—then one must have special blouses to be worn with them. These are mostly of the ruffy, little Lord Fauntleroy kind. They are so fresh and dainty. But some of the models are entirely new. For instance, there is one which is made without much fullness and fastened down the side front. It has a wide graduated knife-plaited frill which turns back over the front. Then there is a frill, of the same knife-plaited stuff, which surrounds the neck and a frill trimming the wide turned back cuffs. With a velvet suit having a jumper skirt it would look very attractive.

Exaggerated collars and cuffs are features of all Doeullet's blouses. One is made of white wash satin and finished with wide Quaker collars and cuffs, the blouse made "kimono" sleeve style. A long streamer tie of narrow ribbon is worn with it. Another jumper suit has a blouse of flesh georgette with narrow turnover collar and cuffs which are tucked and edged with coarse silk tating in flesh color. This is worn with the jumper skirt, which has a black satin sash starting inside of the jumper V at the front, crossing and tying around the waist at the back. All these blouses are high and round at the neck, none of them having the popular V effect at the front.

## REFRESHMENTS NEXT TO GO

Food and Drink at Social or Business  
Gatherings Declared to Be in  
Opposition to Conservation.

Food conservation is being religiously preached, and we are being taught that it is a sin to waste even a cabbage leaf. This is all well and good, but nobody seems yet to have organized a systematic attempt to effect a tremendous saving in food by the simple expedient of abolishing the custom or fashion of "serving refreshments" on any and every occasion, in season and out of season, says the Woman's Home Companion. Whenever a handful of people get together, either for business or pleasure, refreshments have to be trotted out and passed around. In most cases, the consumption of food and drink on these occasions is superfluous and a waste, pure and simple. Nobody needs the refreshments—all too often the persons indulging in them are full to repletion already.

Every patriotic woman interested in food conservation and thrift should consider this matter and appoint herself a committee of one to make this overdue, wicked and unnecessary practice unfashionable. Why not make it a matter of social ethics to eat only three meals a day during the war, and make it unfashionable or a breach of etiquette to waste food by serving refreshments at purely social functions? Entertaining friends at regular and established meals is not, of course, meant to be abolished, but merely superfluous, unnecessary and senseless eating and drinking, just for the sake of indulgence.

## SOMETHING REALLY NEW



The seeker for something new in milady's clothes will surely be satisfied with this odd and unusual frock. The effect of the entire dress is decidedly new and every little touch accentuates its novelty. There is nothing like it in the market.

## ECZEMA ON BOY'S FACE CURED BY ZAM-BUK

Zam-Buk has been tried and proved by thousands to be the most successful remedy for eczema.

Mrs. Horgan, of 103 Manning Ave., Toronto, says: "For eight months my little son's face was covered with eczema, which pained and irritated him so that he could not sleep. The slightest cold aggravated it so that I was obliged to keep him in the house."

"As nothing I used did him any good, I took him to a hospital, but the treatment he received there only made the sores worse. Then I commenced using Zam-Buk, applying it liberally and regularly. The pain disappeared and the irritation was ended. Soon healing began, and as I continued the Zam-Buk treatment the sores became less and less until my boy's skin was entirely free from sores and perfectly clear and smooth."

Zam-Buk should also be used for ulcers, ringworm, abscesses, boils, bad legs, running sores, blood-poisoning, piles, burns, scalds, cuts, chapped hand, chilblains and frost bite. All dealers or Zam-Buk Co., Toronto. 50c. box, \$ for \$1.25.

## Zam-Buk

Ing about it that is like any other. The material used is black satin. The single revers and band are of moire in a delicate sand color. The same shade is used in the delicate tracings of the silk embroidery on the skirt.

## ABOUT ACCESSORIES

Handcut beads make delightful trimmings.

And many of the new dressy blouses show horse collars.

Rubberized crepe de chine makes wonderful sports coats.

What do you say to navy and olive drab spats with brass buttons?

Just His Luck.

"So you're going home?" said the old man to the wanderer.

"Yes; tomorrow."

"I understand they are preparing the fatted calf for you?"

"Just my luck. The doctor has made me cut out all fat foods."

Quite So.

"There is a report that Ella has taken to painting her face, and I saw her buying rouge the other day."

"That certainly does lend color to the report."

Right is the eternal sun, and the world cannot delay its coming.—Wendell Phillips.

COULD HARDLY LIVE FOR ASTHMA

Writes one man who after years of suffering has found complete relief through Dr. J. D. Kellogg's Asthma Remedy. Now he knows how needless has been his suffering. This matchless remedy gives sure help to all afflicted with asthma. Inhaled as a smoke or vapor it brings the help so long needed. Every dealer has it or can get it for you from his wholesaler.

## THE UKRAINE PROBLEM.

"Little Russia" Does Not Trust Fellow Countrymen.

The thorniest of Russia's racial problems is undoubtedly that of "Little Russia," or the "Ukraine." The Little Russians who prefer to be called "Ukrainians" differ from the Great Russians in language and culture fully as much as the Dutch do from the Germans. Had the Russian Government granted them local autonomy and respected their language and customs, there seems little doubt that the Ukrainians would today be loyal citizens of the Russian state, especially when it is remembered that the great divider of East European people—religious schism—is here absent, both Great and Little Russians being Greek Orthodox in faith.

As a matter of fact, however, the old Czarist government tried for centuries to make the Ukrainians into Great Russians, while the middle-class "Liberals" who controlled the dumas after the inauguration of Russian parliamentary life in 1905, showed themselves as imperialistic and intolerant towards the Ukrainians as the Czarist bureaucrats had ever been. All this has embittered the Ukrainians and makes them doubt the possibility of safeguarding their racial identity within the boundaries of the Russian state. On the other hand, the Ukraine's geographical position, lying as it does between North Russia and the Black Sea, would render it impossible for even the most democratic Russia to view with equanimity the severance of the Ukraine from the Russian political body.

The effect of such a severance upon the Great Russians would be much the same as the effect that a movement to separate the Province of Quebec would have upon the other parts of Canada. We here have one of those "hard cases" which "make shipwreck of the law."

body. The effect of such a severance upon the Great Russians would be much the same as the effect that a movement to separate the Province of Quebec would have upon the other parts of Canada. We here have one of those "hard cases" which "make shipwreck of the law."

## Sumac in Sicily.

Two species of sumac are grown in Sicily, the wild and the cultivated. The wild variety has a short stalk, small leaves attached two by two to a short stem, the leaves sparse, covered with a white fuzz on both sides, the stem with no small leaves near its base. The cultivated plant (Rhus coriaria) has a longer stem than the wild, its leaves are larger and are covered with fuzz only on the lower side, and the stem of the leaf has small leaves along its entire length.

Sumac requires a dry, loose soil. The best is a clay soil with lime and silica mixed. It does not grow well in damp, compact ground. The soil may be rich or poor, so long as it is dry. However, the best sumac is grown on soil of volcanic origin. The soil, together with much heat, produces the greatest amount of tannin. The heat is perhaps the most important element in the production of tannin. In Sicily sumac is grown at all elevations up to 2,000 feet.

The gathering of the leaves takes place when they commence to turn yellow, usually in July and August. The best method is to gather the crop in three periods. First the leaves near the stalk up to about the middle of the limb are gathered. Twenty or 25 days later half of the remaining leaves are gathered. A few days after this the ends of the twigs are cut off. This method gives two or three qualities of sumac, but, as it requires a great deal of time and labor, the usual method is to cut off the whole plant near the ground. The twigs are piled on a floor and are turned three or four times a day with a fork.

After the leaves are separated from the wood, they are taken to the mill, where they are packed in bales or ground for shipment. There is no treatment at the mill which affects the amount of tannin contained in the sumac.

## Peace Plotters in Italy.

Two Ministerial councils have been convoked and held with urgency in Rome, to discuss the internal situation. The gravity of certain facts, due to the extreme liberty hitherto accorded to the expression of political opinions, has been revealed, and severe measures are considered necessary. The Corriere della Sera, in a vigorous leader, denounces in scathing language the action of these misguided agitators. It refers especially to an extraordinary circular issued by the secretary of the official Socialists, exhorting to sedition, which urged their followers:

"To stir up by means of municipal crises subversive agitations in all towns where the Socialists have a majority on the councils. Through the spread and the intensification of such agitations we should produce such an upheaval as would compel Italy to separate from her allies and conclude a separate peace before the winter."

"This," adds the Corriere, "is not the first nor the gravest proof of the unlimited audacity of our enemy at home. If this is not treason, if this is not openly co-operating with the military forces and intrigues of our enemies, the Austrians and Germans, then we don't know what is treason."

The Corriere calls upon the Government to put an end to such misguided agitation, and says Ministers will be justified in any rigorous measures they may adopt. The Socialists, of whatever ilk, in whatever Entente country found, are working with blind infatuation in the supreme interests, not of their own country, but of the enemy.

Germany's last hope, after her huge armies, her zeppelins, and her submarines have failed, is based on the moral asphyxiating Socialist gas in the Allied countries. But as the Stockholm scheme has fallen through so vigorous measures taken at last will also clear the air of this infection.

## The First Stockings.

Stockings first came into use in the eleventh century. Before that time it was customary to swathe the feet with bandages.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years

Always bears  
the  
Signature of *Chas. H. Fletcher*

The word "bank" is derived from the Italian word "Banco" a bench. During the Middle Ages, all financial transactions were in the hands of the Lombard Jews, who did their business on benches in the market place, where they exchanged money and bills. When one of them failed, his bench was broken by the populace and from this circumstance, we have our term—bankrupt.

No matter how deep-rooted the corn or wart may be, it must yield to Holloway's Corn Cure if used as directed. m

Women can be used in 25 different lines of industry in this country.

## Women, Prepare!

Thousands of women in Canada have overcome their sufferings, and have been cured of woman's ills by Dr. Pierce's Favorite Prescription. This temperance medicine, though started nearly half a century ago, sells most widely to-day. It can now be had in tablet form as well as liquid, and every woman who suffers from backache, headache, nervousness, should take this "Prescription" of Dr. Pierce's. It is prepared from nature's roots and herbs and does not contain a particle of alcohol or any narcotic. It's not a secret prescription for its ingredients are printed on wrapper. Send 10c for trial package to Dr. V. M. Pierce, Surgical Institute, Buffalo, N. Y., or Bridgeburg, Ont.

Hamilton, Ont.—"When I reached the critical period I was a nervous wreck and suffered with hot flashes and dizzy spells. 'Favorite Prescription' relieved me of all these ailments and brought me through this trying time safely. For women of middle age there is no tonic equal to Dr. Pierce's Favorite Prescription, and I never hesitate to recommend it to my friends."—Mrs. ANNIE SOULES, 41 Hess St. N.

Stratford, Ont.—"I was greatly benefited by taking Dr. Pierce's Favorite Prescription; it was before twins came. I had become all run-down, was nauseated, very nervous and weak, and suffered with backache. Was not able to do anything for three months, when I began taking 'Favorite Prescription.' It soon gave me relief and it was not long when I was strong and healthy. 'Favorite Prescription' was surely a great help to me and I am glad to recommend it."—Mrs. L. J. MANTLE, 61 Kent Lane.

## INSURANCE

### J. H. HUME.

AGENT FOR  
FIRE, ACCIDENT AND SICK BENEFIT  
COMPANIES.

Five Old and Reliable Fire Insurance Companies

If you want your property insured

call on J. H. HUME and get his rates.

—ALSO AGENT FOR—

P. R. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent For C. P. R.—Tickets

to all points in Manitoba, Northwest and British Columbia

## THE LAMBTON

Farmers' Mutual Fire Insurance Company.

(Established in 1875)

JOHN W. KINGSTON PRESIDENT  
JAMES SMITH VICE-PRESIDENT

ALBERT G. MINIBLY DIRECTOR

THOMAS LITHGOW DIRECTOR

GUILFORD BUTLER DIRECTOR

JOHN PETER MCVICAR DIRECTOR

JOHN COWAN K. C. SOLICITOR

J. F. ELLIOT FIRE INSPECTORS

ALEX. JAMIESON AUDITORS

P. J. MCBWEN

W. G. WILLOUGHBY, MANAGER AND

Waitford. SEC. TREASURER

PETER McFEDRAN, Waitford, P. O.

Agent for Warwick and Plympton.

## A. D. HONE

Painter and Decorator

WATFORD - ONTARIO

GOOD WORK

PROMPT ATTENTION

REASONABLE PRICES

SATISFACTION GUARANTEED

ESTIMATES FURNISHED

RESIDENCE—ST. CLAIR STREET

## CHANTRY FARM

SHORTHORN CATTLE AND LINCOLN

SHEEP SOLD OUT

Will buy any number of registered or

good grade Lincoln ram lambs or year-

lings for immediate or September delivery, write or phone.

ED. de GEX Kerwood

## Auctioneer

### J. F. ELLIOT.

Licensed Auctioneer

For the County of Lambton.

PROMPT attention to all orders, reasonable

terms. Orders may be left at the Guide-Advocate office