

# NOTICE

## HOW ARE YOU GOING TO HEAT YOUR HOUSE NEXT WINTER?

HOT WATER OR HOT AIR?

If you are going to—PUT IN THAT BATH ROOM—this summer, don't fail to get our price.

HEADQUARTERS FOR Pumps, Cylinders, Sinks, Pipe and Fittings, Eavetroughing, and Repairing of all kinds. No job too big and no job too small.

Prices Right. All Work Guaranteed  
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When you want something real nice and good in ICE CREAM and REFRESHING DRINKS TRY **LOVELL'S**

BREAD, CAKES AND CONFECTIONERY—THE BEST.

### CHANTRY FARM

SHORTHORN CATTLE and LINCOLN SHEEP SOLD OUT

Will buy any number of registered or good grade Lincoln ram lambs or yearlings for immediate or September delivery, write or phone.

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Licensed Auctioneer For the County of Lambton.

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## Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY Subscription \$1.50 per annum in advance, \$2.00 in a single to the United States.

### ADVERTISING RATES.

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The owner of a pig wished to kill it and share it with his friends, but fearing he might come under the regulations against boarding he asked his local Food Committee to advise him on the point. Here is their answer: "Re killing pig—This is permissible if done in moderation."

When a man in search of a home or business location goes to a town and finds everybody full of hope and enthusiasm over the prospects of the place, he, too, soon becomes imbued with the same spirit, drives down his stakes, and goes to work with equal interest.

Soft corns are difficult to eradicate, but Holloway's Corn Cure will draw them out painlessly.

## WHAT SAMMIES EAT

Meat Twice Daily, White Bread, Vegetables, Chief Foods.

Coffee Served at Breakfast and Buttermilk, Tea, Cocoa or Water at Other Meals.

The old idea that army diet should consist largely of beans, hardtack and coffee, is no longer approved, writes Belle Case Harrington in Leslie's. In the present training camps meat, preferably beef, is served twice a day, with white bread baked in the general camp bakery and kept 24 hours before serving. Where green vegetables can be obtained they are used, otherwise canned goods are substituted. Coffee is served at breakfast, and buttermilk, lemonade, tea, cocoa or water at other meals. Meals, which in the vernacular are "mess" or "chow," are served cafeteria style.

Every soldier is furnished with an outfit which consists of a meat-pan, knife, fork and spoon, and a long-handled cup. The cover of the meat-pan serves as a plate, and the outfit is so arranged that each man may do his own cooking in case of an emergency. Each man takes his meat-pan and passes before a table where he is served with the various dishes prepared. He then goes to a table, or if there is none, drops down on the ground, and eats in absolute contentment. Don't feel too sorry for the boys, even if they do write longingly home wishing for mother's cookies or Jane's fried chicken. Men in outdoor training have good appetites, and they are far better off physically than if fed on the salads and ices and sodas they probably would have at home. What they miss most is sweets. If you are sending things from home put in cookies, candies and jams or jellies. Milk chocolate is one of the things a soldier seems to crave, and a jar of malted milk will come handy if he is not feeling well. Be sure not to send food that is too rich as the boys are on plain diet.

One of the comforting thoughts to the friends at home is the fact that Uncle Sam is bound to maintain good health among his soldiers. Even if there were no humane considerations, this would be necessary from a purely economic standpoint. Sick soldiers are a menace, and a regiment not up to par in the matter of health is an embarrassment. All men are vaccinated for smallpox, and inoculated against typhoid as soon as they enter service. Minor disorders, such as blisters, bowel trouble, or sore throat are carefully watched by the officers in charge, and there is a hospital with trained nurses in every camp. No faking can pass. The officers have sharp eyes to discriminate between real and simulated illness. As the boys say, "There are only two times a day when a fellow can get sick"—at sick call, which occurs at 7 a. m., and again at 5:30 p. m. Between times "he just has to stand it."

Regular habits, outdoor life, plain food, and strenuous military drill, are in themselves strong factors toward good health, and many a man who enters the service a comparative weakling will come out fine of physique and strong of limb.

As for drinking, it "isn't done" Saloons and even soft drink establishments are not allowed to sell anything to a soldier in uniform, and many young men who have heretofore been occasional drinkers now proudly proclaim themselves teetotalers.

### No Butter at Vassar.

The announcement at Vassar college that no more butter will be served at dinner has caused much discussion, but the girls promise to give the plan a trial, says New York World. It is a war measure, established on account of the high cost of living. The girls will have gravies, jellies and jams to take the place of butter. It was said that the college would lift the ban on butter for dinner just as soon as there were any complaints.

The hard-boiled egg for breakfast is doomed, too; at least it must not be served where omelet is to be had. Because most of the girls have a sweet tooth, the college authorities will increase the sugar service at all meals; but this will be evened up by cutting down on meat.

### Sheep-Killing Parrots at Large.

Not long ago no little consternation was created by the escape at San Francisco of two keas, or sheep-killing parrots, which were being shipped from Australia to the Smithsonian Institution at Washington, says Popular Mechanics Magazine. The birds liberated themselves by splintering the slats of their wooden crates with their powerful beaks. The federal authorities offered a reward of \$100 for each bird taken dead or alive. This species of parrot has made itself an enemy of man in both Australia and New Zealand by slaying sheep for the sake of

eating parts of the flesh, of which it is very fond, and there bounties are paid for killing the birds.

### Sarcastic Surprise.

"I wonder why it is considered an insult to call some men insects?" "Why is it?" "Because insects never miss a chance to work for a living."

### Cynical.

Bachelor Maid—Did you know Mr. Stevens is writing a book on the history of happiness. Sec'd B. M.—I can't see how a married man.

### FOUGHT IN PALESTINE.

Canadian Soldier Gives His Impression of the Orient.

Under date of Dec. 28th, 1917, H. H. Dewar, M.P.P. of Toronto, has received the following letter from Capt. Norman S. Macdonnell, Royal Field Artillery, Palestine:

"It is a long time since I wrote you a decent letter. But it is also a long time since I have had any spare time to write in. Fighting here is not so fearfully severe, but with open warfare, a far-away base, impoverished and undeveloped country, and scanty equipment, the work of carrying on is pretty considerable and not much time is left over.

"The capture of Jerusalem was great. One division approached from the south, my own from the west. The main fight occurred outside and the city surrendered. We marched in, each battalion and battery on its own account. So I led mine. It was fine. No 'spit and polish' parade. Heavy rain had deluged the horses, men and vehicles in mud; clothing and equipment was torn and wet. But it was the real thing. And I had all the pride of the Celt as I rode at the head of my guns through all the stinging throng of Orientals of three continents. It was splendid to be the representation of the greatest power on earth in a day of triumph. From the point of view of immediate military advantage the fall of Jerusalem is not important as compared with actions in France. But from the general view it is important. It is something for the Cross to have swept away the Crescent after so many centuries; and it is something to feel that it has been done by Britain. Bagdad, Mecca, Jerusalem—gone from Islam. Only Damascus and Constantinople remain. As I rode into the city and out again along the old wall and past the Damascus Gate I thought I was in Fairyland: All the old Bible stories I heard as a kid—Sennacherib and Nebuchadnezzar; the history learned later at college—Rome and Mahomet; the romance of the Crusaders and the Frank; the might of Britain; the present conditions—it all galloped through my head, and I laughed to think that it was all true.

"This is an extraordinary land in that way. It is once so strange and so familiar. The names are familiar. One night we camped at ———— is only eight miles away; I am near the Mount of Olives at present, ahead are ———— and further still ———— The heavens at night are wondrously brilliant; no wonder they impressed the ancient imagination. And those hills have looked for 6,000 years on scenes like these.

"The London Scottish climbing the mountain tracks, with kilt and pipe, must be not unlike those older battalions. (Man! It is great to see them—the hills and the pipers!) As yet it is very strange. We are very near cut off. We never heard of the collapse in Italy till after six weeks. We read of things at home and in England as of things in another sphere. And the names and tales that are so familiar come from very long ago. So much that it is strange has left me. Somehow it is a very lonely land. To fall here seems very lonely. But cheer! We have taken Jerusalem; things are O.K. And everybody is hearty. On the whole in the last two months the weather has been great. Now it is terrible. The rainfall here is as great as that of London; and it all comes at once; we are getting it now, and it has made transport almost impossible; even the camels are giving out. But who cares? It is worth it. The last two months have been among the best of my life. The East has its points."

### Out West.

Americans in thousands are planning an invasion of Western Canada—Saskatchewan particularly—in the coming spring and summer. It is a peaceful invasion they plan, and Canada should welcome them with open arms. The materials of war they will bring will be batteries of ploughs and harrows and binders. We want American settlers. We need their experience, their energy and their equipment. We want their aid in production of Saskatchewan, has the rich but untilled soil. They have the energy and the experience to apply to it. The fear of conscription, insidiously instilled, has kept many back in the last three years. Settlers approaching the border were handed pamphlets bearing the title, "In the Clutches of the English King." Now conscription is in force in both countries. The democracy of it has won over the fearful. — Saskatchewan Star.

### A Hun's Mind.

What is the real feeling of the average man in Germany in regard to the sinking of hospital ships, the destruction of cathedrals and universities, air raids on defenceless towns, and similar acts? I am often asked this question. In the first place, the people are misled by press and politician, and official reports can always justify any procedure intended to advance the national cause. Germany is not entirely singular in this respect. But that is not the real explanation of the every-day German attitude toward "frightfulness." Here, as in all the other factors which go to make up Germanism, we trace the influence of the Prussian system. "Frightfulness" of some kind or other has characterized the whole history of the Prussian state, and it is to-day accepted as a matter of course by the man in the street. Krieg ist krieg (war is war) has been the usual excuse for the outrages of the past three years. The question so often asked in England, "Is the German conscience dead?" points to an inability to grasp the implications of that conscience. Deutschland uber Alles has long been the expression of the conscience of Germany.—A. D. McLaren in Atlantic.

### Paraguay's Resources.

Paraguay has a population variously estimated at 800,000 to 1,000,000, but according to a report from Henry H. Balch, American Consul at Asuncion, the actual buying capacity would probably be measured by an average population of 300,000 as found in the United States. The wealth of the country is chiefly centered in the agricultural, cattle and timber industries, none of which is yet very well developed. As an American concern, however, is now constructing a big meat packing and refrigerating plant near Asuncion, and has acquired grazing and quebracho timber lands, all of which represent an estimated value of \$5,000,000 United States gold, and another American packing company has bought a local meat-packing plant capitalized at \$250,000, and now almost ready for operations, considerable development in the industry of the country will take place, and this will stimulate other lines.

### How's This?

We offer One Hundred Dollars Reward for any case of Catarah that cannot be cured by Hall's Catarah Medicine

Hall's Catarah Medicine has been taken by catarah sufferers for the past thirty-five years and has become known as the most reliable remedy for Catarah. Hall's Catarah Medicine acts through the Blood of the Mucous surfaces, expelling the Poison from the Blood and healing the diseased portions.

After you have taken Hall's Catarah Medicine for a short time you will see a great improvement in your general health. Start taking Hall's Catarah Medicine at once and get rid of catarah. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

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Mothers Know That Genuine Castoria

Always Bears the Signature

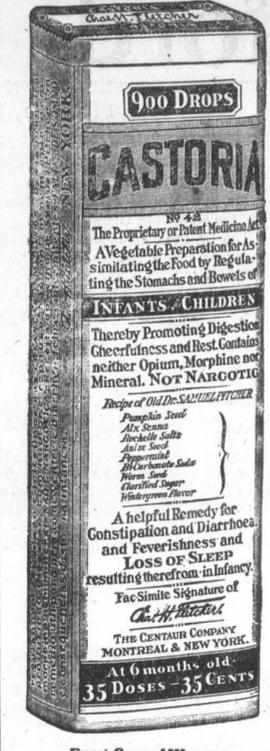
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In Use For Over

Thirty Years

# CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



Exact Copy of Wrapper.

### Declares Fish Sunburnt.

A patient angler was fishing from a jetty at a seaside resort, and two visitors were watching him. Most of the fish caught were fat fish, and the two watchers began to argue why the fish were brown on one side and white on the other. One suggested that the fish were originally all white, but that, sleeping on their backs in the mud, they had become so soiled that they wouldn't wash off.

This was so ridiculed by the other man that, angrily, he bet any amount that his theory was correct.

Upon the case being put to the angler, he remarked: "You are entirely wrong. The real cause of one side being brown is that the fish have been swimming so long with their backs uppermost that they have got sunburnt."

### High-Grade Naval Gunnery.

No one can foretell the future, but we are disclosing no secret when we say that, if our battleship line should ever range up against the enemy, he will be treated at the longest ranges to a storm of fire which, in rapidity, accuracy and the uncanny way in which it clings to its ever-shifting objective, will be a most uncomfortable surprise to the enemy, asserts the Scientific American. For it is a fact that the methods of mounting, fire control, etc., which have been adopted and perfected in our navy, have raised our target practice to a point of accuracy, even at the longest ranges, which has never been reached in our own, or, probably, in any other navy.

### Poisonous Constituent of Ivy.

Whether the poisonous constituent of poison ivy is chemical or bacterial is discussed in the Medical Record.

Doctor Frost insists that it is bacterial, because of the incubation period, the complete natural immunity of certain individuals, and that exposure may be strictly limited to proximity of the plant and for other reasons, and asserts that he has found a form of bacteria constant on all leaves examined.

J. T. McNair insists that actual contact with the resinous sap must occur, and that neither mixing with mercury nor heating destroys the poisonous quality of the sap. He therefore believes the action is chemical.

### The Usual Difficulty.

"I wish I had a lot of money," he said, rather unoriginally, we thought. "What a selfish wish!" we murmured, echoing bromide with bromide. "It is not selfish," he asserted. "Indeed, I was thinking how much good I could do if I had money."

"You can do a lot of good as it is," we counseled sagely. "It is not necessary to be rich to do good. There are many, many things you can do to ameliorate suffering and distress. Personal service, and all that sort of thing."

"Yes, yes," he said impatiently. "But nobody will ever hear of it." "Ay, there's the rub!—Exchange."

## ROL Men and

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Charles Potter

Percy Mitch  
Lloyd How  
Geo Fountat  
Gordon H  
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E C Crohn  
Macklin Ha  
Stanley Rog  
Henry Holm  
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C Jamieson

Wm Mitchell

Ernest Law  
CH Lovato  
SR Whelton  
Thos Meyer  
Vern Brown  
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J Tomlin

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3RD RI  
Alfred Leyl

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RR Annett

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Murray M F  
Ambrose Ga

Austin Potter

Russ G Clark

John J Brown

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Frank Elliot  
Arthur McKc

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Walter A Res  
Clare Fuller

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WESTER

Reginald J La  
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John Staple  
Mel McCorm  
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John Lamb

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