

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.

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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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GOOD WORK
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REASONABLE PRICES
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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE
Trains leave Watford Station as follows:
GOING WEST
Accommodation, 75.....8 44 a.m.
Chicago Express, 13.....1 16 p.m.
Accommodation, 6 44 p.m.
GOING EAST
Accommodation, 80..... 7 32 a.m.
New York Express, 8.....11 16 a.m.
New York Express, 18..... 2 52 p.m.
Accommodation, 112..... 5 16 p.m.
C. Vail, Agent, Watford

Columbia Dry Batteries



REMEMBER there are differences in dry cells, just as there are differences in the engines, bells and telephones that the dry cells run. Play safe and buy standard Columbia Batteries. Buy them here where you get them fresh, and full of pep and power.

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Tunnel Would Pay for Itself.
It has been proposed to construct a railway tunnel under the Firth of Forth, Scotland, paralleling the famous bridge now spanning that body of water, and to pay for the tunnel by making it largely a coal mining proposition. Mining engineers point out that coal is now being mined on both sides of the firth from the same seams and that much of this excavating is done under water. At this point the estuary is only about two miles wide and it is contended that a continuous passage could be made beneath it by properly co-ordinating the mining operations. In this way what would otherwise probably prove to be too costly an improvement could be made with profit.

Clocks That Time Speeches.
On the speaker's desk in the United States house of representatives is a little clock-like machine with a dial graduated in minutes from one to six and a single hand that goes once round the dial in six minutes. This is started and stopped by a tiny lever at the top. The speaker uses it in timing members in a debate wherein the speeches are limited.

The inventor, C. H. Graves of Philadelphia, designed it for keeping time on long-distance telephone calls, which are limited to three minutes. At the bottom of the dial is a scarlet mark. When you get your connection over the wire you press the little lever, which stands at 0, and see the machine going. When the pointer is approaching the red mark you know your time is rapidly drawing to a close. It is astonishing how few persons have any idea how long three minutes are. Nine out of ten will hurry their long-distance calls so that they use far less time than they pay for.

Tea in India.
For years past India, the great tea-producing and exporting country, has received large imports of tea from other countries. The imports have continued and even increased during the war, in spite of the gutting of the market with Indian tea, owing to the shipping restrictions. The imports are mainly low-grade teas, which are "transformed" into Indian teas by mixing with the genuine article. The bulk of the imports are from China, the Shan States, Ceylon and Java; but it is curious to learn that last year 16,000 pounds of tea went to India from the United Kingdom.

Oyster Farms.
One of the large salt-water farms of Japan consists of 50 square miles covered with 5 to 15 fathoms of water. Here the pearl farmer plants rocks and stones which are soon covered with oyster spat. The oysters are then left in special beds until the third year. When they grow large enough, a tiny speck of irritating substance is introduced into the bodies of these oysters and three or five years more are necessary for the foreign substance to become hidden in the layers of nacre which make up the pearls.

The Girl Scouts in various parts of the country have embarked on the task of training women and girl war workers in housekeeping.

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For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Watson*

MAKING OF ICE CREAM

Food Control Board Permits But 10 Per Cent. Fat.

A Recipe That Has Proven Successful—Stake Vines and Trim Leaves to Grow High-Colored Tomatoes.

(Contributed by Ontario Department of Agriculture, Toronto.)

A GREAT many inquiries have recently come to the Dairy Department of the Ontario Agricultural College regarding the new regulation from the Canada Food Board with reference to the manufacture of ice-cream, and also, as to methods of testing ice-cream for fat.

Order No. 34, section 8, issued by the Canada Food Board reads: "On and after May 1st, 1918, no person in Canada shall use in the manufacture of ice-cream more than 10 per centum of fat, whether of animal or vegetable origin; or more than six pounds of cane sugar, to eight gallons of ice-cream."

As a result of recent investigations made in the Dairy Department of the O. A. College, by Messrs. McMillan, Puritt, and Miss Miller, of the Dairy Staff, we can recommend the following formula or recipe, for a batch or mix which will produce about eight gallons of plain ice-cream of good quality and which will come within the regulations as laid down by the Food Board:

- 4 1/2 lbs. (4 1/2 gallons) cream testing 13 1/2% fat.
- 1 1/2 lbs. skim milk powder.
- 6 lbs. cane sugar—1 1/2 lbs. sugar may be replaced with 2 lbs. corn syrup.
- 4 ounces vanilla extract.
- 8 ounces gelatin dissolved in 6 lbs. (1/2 gallon) skim milk.

The cost of the ingredients in this formula will range from 53 to 67 cents buying in small quantities. If bought wholesale, the cost would be less.

If whole milk and cream are used, mixing equal quantities of these will produce an ice-cream testing not over ten per cent. fat, assuming that the milk and cream are of average fat content—3.5 and 18 to 20% fat respectively.

Three Methods of Testing Ice-Cream for Fat.

It is necessary for the ice-cream maker to test his ice-cream occasionally, and the following methods will give satisfactory results if carefully carried out:
1.—The Glacial Acetic and Hydrochloric Acid Test.

A representative sample of the ice-cream is taken and melted and thoroughly mixed; a 9-gramme sample is weighed into an 18-gramme Babcock cream test bottle. A mixture is prepared using equal parts of glacial acetic acid and concentrated hydrochloric acid. Twenty cubic centimeters of this acid mixture is added to the 9-gramme sample of ice-cream in the test bottle, and is then all well shaken. The bottle is placed in a water bath of 120 to 130 deg. F., and shaken at intervals until a brown color appears. It is then placed in the Babcock centrifuge and the test completed in the same way as for testing cream and the reading multiplied by two.

2.—The Sulphuric Acid Test.
To make the test with sulphuric acid, a 9-gramme sample is weighed into an 18-gramme test bottle. About 9 cubic centimeters of luke-warm water is then added to dilute the sample, in order to have about 18 cubic centimeters of mixture in the bottle. The sulphuric acid is then added slowly, a little at a time, at minute intervals, shaking well after each addition until a chocolate brown color appears in the bottle. No definite amount of acid can be stated, as the quantity will vary with different ice-creams. As soon as the chocolate brown color appears in the ice-cream a little cold water may be added to check the action of the acid. The bottle is then placed in the centrifuge and the test completed in the usual way. The reading is multiplied by two.

3.—Acetic and Sulphuric Acids.
Weigh a 9-gramme sample of ice-cream that has been thoroughly mixed. About 9 cubic centimeters of water is then added to dilute the sample. Add 5 cubic centimeters of acetic acid and then add carefully 8 to 8 cubic centimeters sulphuric acid. Centrifuge, and then add water the same as in other tests. If using an 18-gramme bottle multiply the reading by two, to obtain the per cent. fat in the ice-cream. A 9-gramme bottle which is graduated to give the percentage of fat directly needs no correction when reading.—Prof. H. H. Dean, Ontario Agricultural College, Guelph.

To Grow Tomatoes Most Successfully.
If you are growing tomatoes to a single stem, be sure to remove all side shoots before they become of any size. All the extra food which is used in their growth is wasted and the breaking off of large shoots injures the plants. When August 15th comes it is well to nip off all growing ends so that the fruit will finish ripening, also open out the plant, if very thick, to allow the sunlight in.

These are more especially valuable after the growth has been stopped.

Keep a dust mulch around the plants. If the weather is very dry, soak the ground around them thoroughly in the evening, then make a new mulch in the morning.

When the first fruits in staked tomatoes are beginning to color, remove one-half of each leaf. This will hasten the ripening. Sunlight is necessary for rapid ripening.

Leave only growth enough on your plants to carry what fruit will ripen before frost. There is no use in allowing more to set than will be of use to you and the fruits you leave will be larger.—A. H. MacLennan, Ontario Vegetable Specialist.

Bird Guided by Magnetism?

One of the many explanations that have been offered to account for the fact that migrating birds are able to find their way by night and in cloudy or foggy weather is that they are sensitive, in some way, to currents of terrestrial magnetism, and therefore direct their flight by the magnetic meridians. This suggestion was put forth by M. A. Thauzies, a French pigeon fancier, who declares that carrier pigeons make poor flights during the occurrence of magnetic storms. He also asserts that the general use of wireless telegraphy has diminished the reliability of these birds to a surprising extent.—Popular Science Monthly.

School Children Are Underfed.

Of the 1,000,000 school children in New York city 110,000 are undernourished and in need of attention, while the condition of 500,000 others is only "passable," according to Dr. Henry Dwight Chapin, head of the children's division of the Postgraduate hospital. This medical man said much of the malnutrition of children is caused by war prices. He said that the disparity between wage increases and the mounting cost of food has caused mothers to give their children tea and coffee instead of milk, which had increased from 9 to 15 cents a quart in the last year.

More Conservation.

The following recipe for army pudding should be turned over to the conserving public:
The remainder of Tuesday's apple sauce mixed with what was left of Wednesday's peach cobbler. Stir well and add the leavings from Thursday's tapioca. Add all of Friday's vanilla cake that was not used. Place in clean pans and serve rapidly on Saturday.—Trench and Camp.

Will Retain Old Flag.

The new Russian will retain the old flag, which has three horizontal stripes—white, blue and red. A few years ago the Imperial emblem, a black eagle on a yellow field, was placed in the upper left-hand corner of the flag, but the Provisional Government has ordered that it be removed.

Canadian National Exhibition

Aug. 26 TORONTO Sept. 7
300,000 admissions sold first day of advance sale. Come with the crowds to the greatest Exposition in the 40 years' history of the C. N. E.

"The Heroes of Britain"

A production of tremendous force and beauty, with 1200 participants. All the colorful paraphernalia of romance and history in the making. Inspiring, dramatic—a spectacle every Canadian should see.

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Giant livestock and agricultural display—Government exhibits—demonstrations of vocational training by 50 crippled heroes—farming on factory lines: colossal exhibits of labor-saving devices—Government patriotic food show—Creator's world-famed band—Allies' exhibits of fine arts—AND A WORLD OF OTHER SPECIAL ATTRACTIONS.

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are lightened when she turns to the right medicine. If her existence is made gloomy by the chronic weaknesses, delicate derangements, and painful disorders that afflict womankind she will find relief and emancipation from her troubles in Dr. Pierce's Favorite Prescription. If she's overworked, nervous, or "run-down," she finds new life and strength. It's a powerful, invigorating tonic and nerve which was discovered and used by an eminent physician for many years, in his large medical practice among women. For young girls just entering womanhood; for women in middle life, the "Favorite Prescription" is the only medicine put up without alcohol, and can be had in tablet as well as liquid form. It's not a secret prescription for its ingredients are printed on wrapper. Send 10c for trial package to Dr. V. M. Pierce, Invalids' Hotel, Surgical Institute, Buffalo, N. Y., or branch in Bridgeburg, Ont. Hamilton, Ont.—"When passing through middle life, as in most cases of this kind, I began to fall in health. I had severe pains in my head, dizzy spells, my back ached and I had pains in my side. I became very weak and nervous. I took medicine without getting relief until I took Dr. Pierce's Favorite Prescription and this medicine built me up in health and strength and I came through this critical period in a good healthy state. Women will find Dr. Pierce's Favorite Prescription very helpful during this trying time."—MRS. SARAH DAVIS, 106 Robins Ave.

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. M. 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. Skilken
- Corp. C. E. Sisson
- L. Corp. A. I. Small
- B. Q. S.—B. C. Culley
- C. Q. S.—C. McCormick
- Pte. Frank Wiley
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. J. R. Garrett
- Pte. H. Jamieson
- Pte. G. Lawrence
- Pte. R. J. Lawrence
- Pte. S. Crisnam
- Pte. W. C. Pearce
- Pte. T. E. Stilwell
- Pte. A. H. Lewis, Band
- Pte. G. A. Parker
- Pte. A. W. Stilwell
- Pte. W. J. Saunders
- Pte. Bert 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. McFoley
- Pte. H. B. Hubbard
- Pte. G. Young
- Pte. D. Bennett
- Pte. F. J. Russell
- Pte. E. Mayes
- Pte. C. Haskett
- Pte. S. Crisnam
- Pte. W. Palmer
- Pte. H. Thomas
- Pte. F. Thomas
- Pte. B. Trenouth
- Pte. E. A. Shaunessy
- Pte. W. Zavitz
- Pte. W. J. Sayers
- Pte. J. Nichols
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper
- Pte. F. A. Conne ly
- Pte. F. Whitman
- Pte. Edgar Oke
- Pte. White
- Pte. McGarrity
- Pte. Wilson
- Pte. Richard Watson, Can. Engineer
- Pte. L. H. Aylesworth, Band.

Made the Supreme Sacrifice

- WATFORD AND VICINITY
- Lt.-Col. R. G. Kelly
- Capt. Thos. L. Swift
- Sergt. Major L. G. Newell
- Pte. Alfred Woodward
- Pte. Percy Mitchell
- Pte. R. Whallon
- Pte. Thos. Lamb
- Pte. J. Ward
- Pte. Sid Brown
- Pte. Gordon Patterson
- Pte. F. Wakelin, D. C. M.
- Pte. T. Wakelin
- Pte. G. M. Fountain
- Pte. H. Holmes
- Pte. C. Stillwell
- Pte. Macklin Hagle
- Sergt. Clayton O. Fuller
- Gunner Russell Howard Trenouth
- Pte. Nichol McLachlan
- Corp. Clarence L. Gibson
- Signaller Roy E. Acton
- Bandsman A. I. Small