

## VINOL MAKES WEAK WOMEN STRONG

**Positive—Convincing Proof**  
We publish the formula of Vinol to prove convincingly that it has the power to create strength.

It Cod Liver and Beef Peptones, Iron and Manganese Peptones, Iron and Ammonium Citrate, Lime and Soda Glycophosphates, Casein.

Any woman who buys a bottle of Vinol for a weak, run-down, nervous condition and finds after giving it a fair trial it did not help her, will have her money returned.

You see, there is no guess work about Vinol. Its formula proves there is nothing like it for all weak, run-down, overworked, nervous men and women and for feeble old people and delicate children. Try it once and be convinced.

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. Skillen
- Corp. C. E. Sisson
- L. Corp. A. I. Small
- P. O. S. E. C. Culley
- C. J. 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. C. F. Lang
- 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. McFeely
- 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. Thomas
- Pte. B. Trenouth
- Pte. E. A. Shanessy
- Pte. W. Zavitz
- Pte. W. J. Sayers
- Pte. Lot Nicholls
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper.
- Pte. F. A. Connelly.
- Pte. J. Whitman.
- Pte. Edgar Oke.
- Pte. White.
- Pte. McGarrity.
- Pte. Wilson.
- Pte. Richard Watson, Can. Engineer
- Pte. L. H. Aylesworth, Band.

### SOME USEFUL LINING HINTS

Baby Coat is Made Out of the Ordinary by Employing Pink Silk Under White Crepe de Chine.

One of the prettiest baby coats imaginable is made quite out of the ordinary simply by its lining. The coat is made of a heavy quality of crepe de chine in white. The lining is pink, not too deep a shade, but sufficiently pink to show through the white in just a delicate glow. The two silks are embroidered and scalloped together; this embroidery holds in the lining just near enough to the white to give it an elusive touch, delicate enough for the tiniest baby.

Another lining hint is a bit more practical. It consists in lining the new satin collars with self-material to make them do double duty. The natural impulse is to save material when making wash satin collars and to line them with a thin lawn or muslin, but making the collar doubly of satin means that it can be turned over when soiled on one side, thus saving a washing. Most of the long narrow collars now worn with dark frocks can be turned over in the twinkling of an eye.

### SILK BLOUSE STILL POPULAR

Garment Which Appeared First as Novelty Has Become Indispensable Adjunct of Wardrobe.

The separate blouse of figured, striped and plain silk bids fair to continue in popularity through the winter. This garment, appearing first as a novelty last summer, then gradually gaining a vogue among well-dressed women, has now become an indispensable adjunct of the wardrobe, says a fashion writer. That is, it has so firmly established itself in popular favor that the smartly gowned woman has come to regard it as a very necessary article of her attire. This must be considered some achievement, considering the fact that even the most discerning of the style specialists did not predict its general acceptance.

There is this to be said for the separate blouse of figured silk—it is a welcome relief from the lingerie blouse or the silk or satin blouse of white or pastel shades. Further, it provides effective color contrast to a coat suit of one color, of simple design untrimmed.

### ALL WOMEN NEED EXERCISE

Even Those Who Do Their Own Housework Find It an Aid to Both Health and Beauty.

The woman who does her own housework is usually worn out at the end of the day. She is apt to conclude, therefore, that exercise is not a word intended for her. She could hardly make a greater mistake, however, declares a health expert. A woman needs a half hour's rest near the middle of the day, it is true, but she needs also systematic and stimulating exercise.

One reason why women are so fatigued at the end of the day is that they lack muscle tone. Half an hour of brisk exercise suited to the particular needs of each individual, and taken regularly, followed by a cold dash of water, will serve to keep the whole muscular and nervous system in tone. It also works wonders in keeping eyes bright and color good, something that all women desire.

### FOR THEATER OR RECEPTION



This afternoon gown, suitable for theater or reception wear, is carried out in an attractive scheme of maroon satin with coatee effect, the vest being embroidered in gold.

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**For the Tired Person.**  
There is nothing quite as luxurious and delightful as a cold cream massage or an alcohol rub. If the tired person can employ someone to knead a little cold cream on the face, forehead, temples and wrists, the result is often instantaneous, for instead of feeling tired and heavy, but not sleepy, one slips into that natural fatigue which comes before slumber. So it is with the rub of alcohol or witch hazel oil—*it soothes and rests the nerves.*

### FOR THE HOSTESS

Afternoon Frocks Designed Especially for Her Use.

Gowns of This Type Popular Because of the Decrease in the Number of Formal Entertainments.

One of the "hostess" gowns that have enjoyed such a vogue this season is shown in the accompanying sketch. These frocks are designed for wear at home, and both negligee and dress designers have laid claim to them.

The gown shown in the sketch combines a rich brocade with plain color velvet or satin, and while it is very simple in style line, the richness of the fabrics employed makes it a very



Hostess Gown for Afternoon.

handsome garment. The underneath frock is simple, with round length skirt and perfectly plain sleeveless bodice. Over this is worn the long trained overdress of brocade, with flowing angel sleeves. A cord girdle, which may be either of metal or of silk matching the gown, encircles the waist.

If preferred lace may be employed for the overdress.

Inasmuch as formal entertaining will not have very much of a place in the scheme of things during the winter season of 1917-18, gowns such as that shown here will undoubtedly be very much favored, says a writer in the Washington Star. There will be entertaining, of course, but most large functions will be war benefits, and clothes will have secondary consideration. The "hostess" gown for the hostess will be quite the correct thing, and the guests will be in street clothes, assuming that the affair is an afternoon one.

Soft dark shades are preferred for the lovely "hostess" gowns, and frocks of taupe, beaver brown, plum and several shades of blue are shown.

Georgette crepe is a popular combination fabric for either satin or velvet, and metal embroidery is used on the georgette to enrich it.

For the gown shown in the sketch, the skirt of which is two yards wide at the lower edge, three and a quarter yards of plain material 36 inches wide and four yards of brocade the same width will be required.

Considerable originality is possible in the development of these gowns, and the woman who has skill at designing may easily turn out a charming gown for herself at comparatively small expense.

Wise mothers who know the virtues of Mother Graves' Worm Exterminator always have it at hand, because it proves its value.

## Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. 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, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS

Bears the Signature of *Chas. H. Fletcher*

### In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

## SUGAR MAKING SUPPLIES

Galvanized Straight Pails....	50, 60 and 70 cents.
Galvanized Flaring Pails....	65, 75 and 85 cents.
I XXXX Tin Flaring Pails .....	\$1.00
Eureka Sap Spouts .....	1.50
Perfect .....	1.25
7-16 Auger Bit.....	2.00
	30

Owing to the extremely high prices we are not stocking pails but can furnish to order.

10 quart I C Tin at.....\$22.50  
10 quart I X Tin at ..... 27.50

## The N. B. Howden Est.

## STOP! LOOK!

Spring will soon be here!  
Spring! —and with it  
sugar and syrup time.

SAP PANS    SAP TANKS  
SAP BUCKETS

GET IN YOUR ORDERS NOW

If new, we can make them;  
if they need repairing we can do it.

If that PUMP is out of order let us know.

If that EAVETROUGH is in need of repairing we can do it.

Oh! that frozen-up bath room —let us thaw it out.

Prompt Service. Prices Right.  
Give Us a Call.

## C. H. BUTLER

Phone 85-2.

Many a small man accomplishes a big task.

Made the Supreme Sacrifice

WATFORD AND VICINITY

- Lt.-Col. R. G. Kelly
- Capt. Thos. L. Swift
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- Pte. Alfred Woodward
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- Pte. Thos. Lamb
- Pte. J. Ward
- Pte. Sid Brown
- Pte. Gordon Patterson
- Pte. F. Wakelin, D. C. M.
- Pte. T. Wakelin
- Pte. G. M. Feuntain
- Pte. H. Holmes
- Pte. J. Stillwell
- Pte. Macklin Hagle
- Sergt. Clayton O. Fuller
- Gunner Russell Howard Trenouth.
- Pte. Nichol McLachlan
- Corp. Clarence L. Gibson
- Signaller Roy E. Acton.

Men are the easiest fooled who think themselves wise.

In giving good advice, always save a little for yourself.

Most men who think they are great do not even look the part.

Nothing please a little man more than an opportunity to act big.

Success produced by teachery and cunning is usually very short lived.

The less you think about yourself the more others are apt to think of you.

Lots of men never know on which side of the fence they are until they fall off.

When Holloway's Corn Cure is applied to a corn or wart it kills the roots and the callosity comes out without injury to the flesh.

THIS is no time to be practising False Economy. Don't imagine because you have a fire on that it is cheaper to bake your own Bread and Cakes. Remember, you must have extra heat, and you know the cost of wood and coal these days!

So Save your Fuel and Buy your Bread and Cakes from

## LOVELL'S

Children Cry FOR FLETCHER'S CASTORIA