



## Get Behind the Wheel of a Ford and Drive

TRY it just once! Ask your friend to let you "pilot" his car on an open stretch. You'll like it, and will be surprised how easily the Ford is handled and driven.

If you have never felt the thrill of driving your own car, there is something good in store for you. It is vastly different from just riding—a being a passenger. And especially so if you drive a Ford.

Young boys, girls, women and even grandfathers—thousands of them—are driving Ford cars and enjoying it. A Ford stops and starts in traffic with exceptional ease and smoothness, while on country roads and hills its strength and power show to advantage.

Buy a Ford and you will want to be behind "the wheel" constantly.

**Ford** Runabout - \$475  
 Touring - \$495

THE UNIVERSAL CAR

F. O. B. FORD, ONT.

RAY MORNINGSTAR - Dealer - Watford.

### EAT ORANGES AT NIGHT.

Then You Will Sleep Soundly and Rise Happy in the Morning.

If you are troubled with sleeplessness or if you are restless at night, eat oranges before retiring. Oranges are the best sedative in the world. A man on the orange diet will never get rheumatism, and he will have no appetite for alcoholic liquors. Both apples and oranges cure the liquor habit.

Oranges, eaten before retiring, will make you sleep so soundly that you arise in the morning invigorated and refreshed, with the notion that you have been drugged with some potion that makes life all the happier and joyous. The acid of the orange will help purge you in case you need purging, and the sugar of the orange will sweeten your breath and your whole body. The coolness of the juice will reduce the fevers of your digestive tract, and you will be 1,000 per cent better off for the orange diet.

Orange buds and orange leaves steeped in hot water and made into a tea are also splendid sedatives.

The orange was originally a berry in Asia. It was brought into Europe by Alexander the Great, and it has been greatly improved since Alexander's time, especially by the horticulturists of California.

The oranges are not growing here for nothing. They thrive here because nature intends them to be used by you as a food.

### When Brodie Bluffed Mitchell.

Once when in England Steve Brodie, the famous bridge jumper, was in a party which included Charlie Mitchell, the prizefighter. Mitchell made some remarks derogatory to John L. Sullivan, to which Brodie rejoined with some sarcastic observations on the sprinting ability Mitchell displayed while in the ring with Sullivan. This angered the prizefighter, who knocked Brodie flat. As he scrambled to his feet Mitchell made another rush at him, but by then Brodie had a pistol in his hand and, thrusting it under his assailant's nose, remarked: "You think you're goin' to make a reputation of lickin' Steve Brodie, don't you? Well, you just hit me once and there'll be a lot in the papers about it, but you won't read it." That closed the incident.

### Watches, Thick and Thin.

Although some of the early watches were very small in circumference, they were thick, and the front and back fairly bulged so that they were more the shape of an apple than a cookie, which they really resemble today. The waterlike watch is an invention of very recent times, and the process of thinning it is even now going on. The obvious advantage of the thin watch is that it can be placed in the belt or pocket without making a bulge. If watches had always been worn round the necks they might still be spherical rather than disklike in shape. — Exchange.

### About Temperature.

The best authorities on the science of meteorology tell us that without the various changes in the temperature there would be a perfect calm at all times in all parts of the globe. A uniform and unvarying barometric pressure would everywhere prevail, and there would be no change of seasons, no evaporation or condensation, no clouds and no rain. In short, without changes of temperature, which we sometimes think so uncomfortable, the atmosphere would soon become poisonous, stagnant and incapable of sustaining human life.

### Climbing the Ladder.

The prudent, penniless beginner in the world labors for wages awhile, saves a surplus with which to buy tools or land for himself, then labors on his own account another while and at length hires another beginner to help him. This is the just and generous and prosperous system which opens the way to all, gives hope to all and consequent energy and progress and improvement of condition to all.

### Men Classified.

Patriot—One who goes with his wife to buy a hat and enjoys himself.  
 Martyr—One that goes with her, but falls asleep in the store.  
 Coward—The sneaky character that always remembers he has an engagement.

### She Wasn't Old.

"There's no use setting your cap for Mr. Gotrox, dear. He's an old woman hater."  
 "Yes, but I'm a young woman."

### Some Hope.

"Does the doctor give you any hope?"  
 "Yes, indeed. He told us yesterday not to worry about the size of his bill."

## CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of *W. H. Stearns*

### MOTHERS OF CANADA

#### PREPARE FOR TROUBLE

When a girl becomes a woman, and when a woman passes through the changes of middle life, are the three periods of life when health and strength are most needed to withstand the pain and distress often caused by severe organic disturbances. Many thousands in this section would testify as do the following:

St. Catharines, Ont.—"Over forty years ago I was restored to health by taking Dr. Pierce's Favorite Prescription. It was after medicine and doctors had failed to help me or give relief. I had, through overwork, become all run-down in health. I was weak and finally became a nervous wreck. The 'Prescription' was recommended to me, and at the time I started to take it I had not been able to do anything for over a year. I took the 'Favorite Prescription' and the 'Golden Medical Discovery' as well. It took several bottles, but I was completely restored to good health and since that time when I have felt the need of these medicines I have taken them and always with perfect satisfaction."—MRS. WM. BAKER, 33 Page St.

Stratford, Ont.—I was all run-down, weak, nervous. I also suffered with severe pains through my back. I was very miserable when a friend advised me to try Dr. Pierce's Favorite Prescription and one bottle seemed to give renewed strength. It stopped the pain in my back, also helped my nervous condition. It is surely a good tonic for women.—MRS. FLORENCE CULLUM, 100 Milton St.

### INSURANCE

#### J. H. HUME.

AGENT FOR FIRE, ACCIDENT AND SICK BENEFIT COMPANIES. REPRESENTING 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. MINIBELLY DIRECTOR  
 THOMAS LITHGOW DIRECTOR  
 GUILFORD BUTLER DIRECTOR  
 JOHN PETER MCVICAR DIRECTOR  
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 Secy. of the Board  
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 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 yearlings 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.

### Birds as High Flyers.

Nowadays we read with the utmost unconcern and little wonder that the German raiders were flying at not less than 10,000 feet, and we know that that is by no means a record height, and that a common one is anything between 2,000 feet and 5,000 feet above the level of the earth.

We sometimes compare the aeroplane to a bird, but even the swallows we see chasing each other and shrilling on a summer evening at what seems a great height are seldom more than 300 feet or 400 feet high, and the hawk winnowing the air over a wood ready to pounce is seldom more than 200 feet. We speak of the skylark "lost in the blue," but we must remember that a skylark is about nine inches across the wings whilst a plane is 40 feet, and the best lark that ever flew never mounted more than 500 feet to 700 feet unless he started from the top of a hill.

When migrating, birds fly at more considerable heights, but it is evident that it is not a great height, seeing that large numbers of them fly against our coastwise lights, but swallows probably migrate at a height of over 1,000 feet, and wild swans, ducks, and geese will fly at heights up to 2,000 feet.

The condor in his native wilds does not give much chance to the observer, but that great naturalist, Humboldt, averred that he was quite comfortable at a height of five miles, and travelers in the Andes, who themselves have been over 20,000 feet up the mountains, have seen him come into sight out of the heavens above their heads. So the airman has still something to compete against.—Tit-Bits.

Shear About 90 or 100 Sheep a Day. Averaging everything, from young wethers, which are hard, to old ewes, which are easy, experts in Australia will shear about ninety or one hundred sheep a day.

The Chinese alphabet consists of two hundred and fourteen letters.

THE POOR MAN'S FRIEND.—Put up in small bottles that are easily portable and sold for a very small sum, Dr. Thomas' Electric Oil possesses more power in concentrated form than one hundred times the quantity of many tinctures. Its cheapness and the varied uses to which it can be put make it the poor man's friend. No dealer's stock is complete without it.

### Tower of London.

A royal palace, consisting of no more than what is now known as the "White Tower," appears to have been the beginning of the Tower of London. It was commenced in 1078 by William the Conqueror and finished by William's son, William Rufus, who, in 1098, surrounded it with walls and a broad ditch. Several succeeding kings made additions to it, and King Edward III. erected the church. In 1638 the old White Tower was rebuilt, and in the reign of Charles II. a great number of additions were made to it. The new buildings in the Tower were completed in 1850.

### Collecting Antiques.

The little town was highly excited over the announced engagement of the nineteen-year-old widow to Mr. Hoary. "Why, Daisy," he best friend said to the young widow, "you're not going to the yourself to that old man? Why, he's three times your age! What are you doing it for?"  
 "Oh, I can't resist having him!" said the young widow. "He does harmonize so beautifully with my antique furniture!"

### Where He Was Weak.

"That boy of mine knows a lot of Latin," said Mr. Cobbles.  
 "Yes?"  
 "He kin translate them Latin words on a silver dollar just like a flash, but not unless somebody lends him th' dollar."

### Two Causes.

Of course unhappiness is the cause of divorce, and much of the unhappiness is due to the circumstance that the wife has nothing to do at home in the daytime and the husband has entirely too much to do downtown at night.

### Counting a Billion.

An expert money counter of the United States treasury can count 4,000 silver dollars an hour, or \$2,000 a day. At that rate it is figured that it would take him 102 years to count a billion.

Corns and warts disappear when treated with Holloway's Corn Cure without leaving a scar.

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**

### 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. Whalton  
 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. J. Stillwell  
 Pte. Macklin Hagle  
 Sergt. Clayton O. Fuller.  
 Gunner Russell Howard Trenouth.  
 Pte. Nichol McLachlan.  
 Corp. Clarence L. Gibson  
 Signaller Roy E. Acton.

It is easier for some men to acquire wealth than riches.

Peevish, pale, restless, and sickly children owe their condition to worms. Mother Graves' Worm Exterminators will relieve them and restore health.