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Now's the time to plan for Christmas. Let's make this one a Joyous Christmas! For over four long years our hearts have been with our boys in France. Now we're going to welcome them home again. Let Music help. Play some of the glorious Victory Marches by the best military bands.

All the world's best music can be in your own home if you have a Victrola.

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**RESULTS OF INFLUENZA.**

Medical authorities have stated, "There is no knowing how far-reaching the results of the influenza epidemic will be." From the nature of the malady it is feared many cases of tuberculosis will develop. If you have not fully recovered from the "flu," or you are run down in health from some other cause, seek a doctor at once. Consumption may have developed, but even that may be cured if taken in time. A case in point has recently been brought to our attention—a farm laborer with a wife and five small children. He had not been feeling right for some months, not sick enough to go to bed, or stay indoors, but always tired. His daily work about the farm had become a task to him. So of his own accord he went to the Muskoka Free Hospital, to try and find out what was the matter. He was found to be suffering from tuberculosis, and was immediately taken in and put to bed. The doctors say this man is making a good recovery, and that he will shortly be able to return home. The Muskoka Free Hospital for Consumptives is now appealing for aid in fighting the Great White Plague. The money you give will help restore to health just such deserving cases as this, bringing happiness untold to re-united families. Contributions may be sent to Sir William J. Gage, 84 Spadina Avenue, Toronto, or to Geo. A. Reid, Secretary-Treasurer, Gage Institute, 223 College Street, Toronto.

**CHINESE IN AMERICA**

**ORIENTALS WERE HERE BEFORE COLUMBUS.**

The Name Given to British Columbia By Them Was "Great Han," and Their Records Preserve Queer Tales of the Races That They Found on This Continent.

CHINA, which has claimed the invention of gunpowder and printing and roast pig and the compass, is said to have discovered America long before the time of Columbus. According to documents of another era, Chinese voyagers discovered Mexico and landed there, some time in 499 A.D.

The Chinese annals record that the Kingdom of Fu-Sang (which is thought to be Mexico) was situated to the east of the Middle Kingdom, twenty thousand Chinese miles to the southward of the Great Han (British Columbia). It took its name from the tree, fu-sang, from which its inhabitants obtained food, cloth, fibre and wood. In the same annals is described the Kingdom of the Woman, situated about one thousand Chinese miles south of Fu-Sang. And some seven thousand Chinese miles north-east of Japan was the land of the Marked Bodies, inhabited by men who were tattooed, and the Men with Dogs' Heads.

That the ancient Chinese had some knowledge of the American continent has been believed for a long time. In 1753 Philippe Bauche, a French writer, published a treatise in which he stated that the Chinese had established a colony on the Gulf of California in 458, calling the land Fu-Sang. In 1761 an eminent French scholar, M. de Guignes, published another treatise, in which he also referred to the Chinese discovery of America. Since that time scholars and investigators have argued the question pro and con. In 1885 a further word was said by Edward P. Vining in his "An Inquiry into the Origin of the Land of the Marked Bodies is the Aleutian Islands; the country of the Great Han, British Columbia; Fu-Sang, Mexico, and the Kingdom of Women, Central America.

Huel-Sen, a Chinese traveller, has left behind him the story of his fellow countryman's voyage to America. In the annals it is written:

"In the first year of the reign of the Tsi dynasty a shamahi (travelling priest) named Huel-Sen came to King-Chen from the land of Fu-Sang, relating the following narrative:

"Fu-Sang is situated twenty thousand li (Chinese miles) or more to the east of the country of the Great Han (which also is situated east of the country of the middle Kingdom). It produced many fu-sang trees, whence comes its name. The leaves of the fu-sang are like those of the tree that the Chinese call tong. Its first shoots look like those of the bamboo. The inhabitants of the country eat them, as also the fruit, which is in the form of a pear, although of red color. From its bark thread is made, which they weave to make their clothing. They also make from it fine clothes and brocades. The houses in which they live are made of grass. They have neither fortresses nor walled cities. They had a kind of writing, and they make paper from the bark of the fu-sang. They have no weapons, nor do they make war.

"The laws of the country ordain that there shall be two prisons, one of them in the north, and the other in the south. Those who commit offences of little importance are confined in the prison of the south, but those who commit grave crimes are confined in the prison of the north. Those who are confined in the prison of the south may be pardoned while those in the prison of the north may not. The men and women in the prison of the north may marry, but their children become slaves, the boys at the age of eight and the girls at the age of nine.

"When a person of high rank commits a crime, the inhabitants of the country gather in a great assembly and judge him while seated at the bottom of an excavation. They hold a feast and a banquet in his presence, and may take leave of him as a dying man. If he is sentenced to death, they cover him with ashes. If his crime is of the first degree, only the criminal is punished. If of the second degree, his children and grandchildren are punished. If it is of the third degree, six generations are punished.

"The King of the country boasts the title of chief of the multitude. The nobles of the first category are the tui; those of the second category, the little tui-lu; those of the third category, the na-to-oba. When the king leaves his palace he moves preceded and followed by drums and trumpets. The color of his vestments changes according to the course of the years. The first and second year (of a cycle of ten), they are blue; the third and fourth, they are red; the fifth and sixth, they are yellow; the seventh and eighth, they are white; and the ninth and tenth, they are black.

"The oxen of Fu-Sang have enormous horns and can endure great burdens. The inhabitants keep their

weaned in empty horns, some of which are twenty times as large as the common ones. Oxen, horses and deer are employed to draw the vehicles. The inhabitants of the country have herds of deer. They make cheese from milk. They have a kind of red pear that keeps a year without rotting, and they also have tomatoes. In the country iron is not found, but copper is. Gold and silver have no value. In their markets there are neither taxes nor fixed prices.

"As to marriage, he who desires to marry a young woman constructs a house in front of the house in which she lives. For the period of a year, in the morning and afternoon, he cleans and waters the front of his house. If the maiden does not accept him then, he goes somewhere else, but if they please each other mutually the wedding is celebrated. The ceremonies are almost the same as those in the Middle Kingdom. When the father, the mother, the wife or the son dies, the relatives fast seven days; when the older brother dies, the younger brother, the older brother of the father, the younger brother of the father, an older sister or a younger sister, three days. They place on a pedestal an image that represents the person who has died, and they reverence and offer it libations morning and evening. They do not wear mourning.

"The prince who inherits the throne does not occupy himself with affairs of government until three years after his accession. In ancient times they were ignorant and they did not know the religion of Buddha, but in the reign of the dynasty of Sung, in the second year of the period called Taming, five men of the country of Ki-Pin, who were pi-qiu, paid a visit to the people already mentioned and made known to them the laws of Buddha, his sacred books and his images. They taught the people the rules of the monastic life, and at last caused the redness of their customs to disappear."

The Kingdom of the Women was inhabited by a strange race, mostly of the gentler sex. They were very straight, pure white in color and covered with long hair. The women ruled the land. In the year 607 Chinese mariners were swept to the shore of the Land of the Women and were received hospitably. The women resembled those of the Middle Kingdom, but their language was unalike. Their clothes were of cotton and the houses of baked clay and circular in form, with very small doors.

The land of the Marked Bodies was inhabited by the tattooed beings, who lived in walled cities. They were hospitable. The king's residence was surrounded by "silver water" (quick-silver), which water flowed when it rained.

The country of the Great Han was peopled by a gentle race, which carried no weapons and made no war. They enforced their laws by giving criminals over to the wild beasts.

That there is truth in the assertion of the Chinese chronicler in reference to his description of the inhabitants and by the fact that the descendants of the peoples of whom he wrote bear strong evidence of having Chinese blood in their veins. Eskimos are of Mongolian origin. Mexican Indians, too, bear the stamp of the Chinese race.

**Canada's Great Record.**

Canada's contribution to the Red Cross is the greatest per capita in the world. The total contribution is \$12,000,000 in cash and \$15,000,000 in supplies. Of the cash contributions \$7,000,000 was spent by the British Red Cross and \$5,000,000 by the Canadian Red Cross. The total cash contribution of the British Red Cross is \$11,250,000 from all sources. Of this amount Great Britain contributed \$5,000,000, while the overseas Dominions, India, United States, and neutral countries contributed \$6,250,000. Great Britain's contribution to the Red Cross is \$5,000,000, compared with Canada's \$2,500,000. Canada's contribution in supplies shows an even more favorable comparative record.

**Company Farming Succeeds.**

"Is it possible for groups of people in many of our cities, towns, and even villages to undertake some form of company-farming?" This question is being asked in a circular letter just issued by the Organization of Resources Committee of Ontario. The idea is to enlarge the activities from community gardening schemes to grain production on farm lands. Groups of business men and others in urban centres are urged to organize now in order to take over good vacant land in the neighborhood and get it ready for cultivation so that it may produce a 1919 crop. Company-farming operations are now being carried out with a great deal of success at St. Catharines, Sarnia, Windsor, Owen Sound, Weston and Oshawa. Citizens of every town are asked to get together and talk it over.

The Terror of Asthma comes like a thief in the night with its dreadful throbbing, robbing its victim of breath. It seems beyond the power of human aid to relieve until one trial is made of that remarkable preparation, Dr. J. D. Kellogg's Asthma Remedy. Then relief comes with a rush. Life becomes worth living, and, if the remedy be used persistently, the disease is put permanently to rest. Take no substitute.

**FROM FASHION'S NOTE BOOK**



Unusual and striking is this afternoon suit model of black and white satin charmeuse.

**SWEATER IS FAWN COLORED**

Latest Style Home-Knitted Garment for Fall is Both Sensible and Inexpensive.

Each season develops its exclusive sweater style, and the smart summer sweater this year is a fawn-colored affair with graceful lines and a crossed belt instead of a sash. The belt, which is very wide, matches the sweater in color and is knitted by small needles so that its weave is firm and strong. The end of the belt passes through a slit in the other end, and both ends fasten back neatly against the belt with loops over pearl buttons. The hand trimming down the front and around the neck, also made on the small needles, turns back against the sweater to form a narrow collar and revers.

The tops of the pockets turn down in the same way and are caught with loops and pearl buttons. The body of the fawn-colored sweater is of fine shetland wool in a rather loose stitch, the closely-knitted trimmings giving an effective touch of contrast. Such a sweater must be made slightly wider than usual in the fronts, to allow for the turning back of the edges in reverse fashion.

The woman who feels she owes one really good sweater to herself, after all she has made for the soldiers, is putting her extra time into a really good knitted coat which will be warm enough for autumn and winter wear. She will study the stunning sweaters sold for men's wear by the sporting goods houses and pattern her autumn jacket accordingly. Knitting one way and purling back produces a very close, compact stitch which is exceedingly durable. It takes longer to knit a sweater this way but the result pays. The sleeves should be made separately and sewed in. The collar may be rolled over silk like the collar on a man's sweater, or the plain edge band that gives a V-neck opening may be used.

**NEW RAFFIA KNITTING BAGS**

Once Popular Material is Given Life in Very Attractive and Popular Designs.

Have you made a raffia knitting bag? You remember, we all used to do raffia work? Then, after the novelty of making our own pretty baskets—and some of them were very attractive—had worn off, we forgot all about raffia work, according to a correspondent.

Somebody, however, did not forget, and now some of the smart shops show knitting bags made of raffia, in very good colors and designs. The bags are first of all commodious and shapely. They are fitted with a fairly wide handle to hang over the arm. They are made of raffia in different harmonizing colors, worked into a foundation of white; that is to say, of light straw color, the usual uncolored raffia color. One of the bags is of a dull yellowish green and a soft glowing orange worked in with the straw color. Another is of blue and black and bright yellow, plentifully intermixed, of course, with the white or natural color. The bags can be made with silk linings, or without any linings at all.

**HEALTH TALK**

**SPANISH INFLUENZA OR GRIP**

BY DR. LEE H. SMITH.

An old enemy is with us again, and whether we fight a German or a gerr, we must put up a good fight, and not be afraid. The influenza runs a very brief course when the patient is careful, and if we keep the system in good condition and throw off the poisons which tend to accumulate within our bodies, we can escape the disease. Remember these three C's—a clean mouth, a clean skin, and clean bowels. To carry off poisons from the system and keep the bowels loose, daily doses of a pleasant laxative should be taken. Such a one is made of May-apple, leaves of aloe, root of jalap, and called Dr. Pierce's Pleasant Pellets. Hot lemonade should be used freely if attacked by a cold, and the patient should be put to bed after a hot mustard foot-bath.

To prevent the attack of bronchitis or pneumonia and to control the pain, Anuric tablets should be obtained at the drug store, and one given every two hours, with lemonade. The Anuric tablets were first discovered by Dr. Pierce, and, as they flush the bladder and cleanse the kidneys, they carry away much of the poisons and the uric acid.

It is important that broths, milk, buttermilk, ice-cream and simple diet be given regularly to strengthen the system and increase the vital resistance. The fever is diminished by the use of the Anuric tablets, but in addition, the forehead, arms and hands may be bathed with water (tepid) in which a tablespoonful of salaratus has been dissolved in a quart. After an attack of grip or pneumonia to build up and strengthen the system, obtain at the drug store a good iron tonic, called "Ironic" Tablets, or that well known herbal tonic, Dr. Pierce's Golden Medical Discovery.

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