



A Friend in Need

The Pandora Range is your real friend on wash day. Change the top around, set the boiler on the far side and use the three nearest holes—you can boil on all of them. Dinner on time; no extra fuel, no rush or confusion.

For Sale by T. DODDS & SON

McClary's Pandora Range

London Toronto Montreal Winnipeg Vancouver St. John, N.B. Hamilton Calgary Edmonton Saskatoon

1918

East Lambton County Fair

WATFORD

WEDNESDAY and THURSDAY

October 2 and 3

An Exposition Full of Interest and One the Entire District Should Visit.

ALWAYS THE BEST!

Grand Attractions for Spectators. Handsome Prizes for Exhibitors
Some Special Features Being Arranged
\$2,000.00 in Prizes for Live Stock, Grains, Roots and Agricultural and Other Products.

WEDNESDAY, OCTOBER 2nd

Judging of Articles in Agricultural Hall.

THURSDAY, OCTOBER 3rd

TRIALS OF SPEED

1.—Purse \$150.00—2.30 class trial, trotters or pacers, mile heats, 3 in 5. 1st \$75.00, 2nd \$37.50, 3rd \$22.50, 4th \$15.00.
2.—Purse \$200.00—Open. Trotters and pacers, mile heats, 3 in 5. 1st \$100.00, 2nd \$50.00, 3rd \$30.00, 4th \$20.00.

An entrance fee of 5 per cent. of the purse will be charged in the Speed Specials, with 5 per cent. additional from the winners. Five to enter and four to start. Horses eligible 1st September, 1918. Entries close at 10 p.m. on October 2nd. Make entries with J. F. Elliot, Director.

Best Lady Driver.....1st 5.00, 2nd \$2.00, 3rd 1.00
Baby Show.....1st \$3.00, 2nd \$2.00, 3rd \$1.00
Patriotic School Drill.....1st \$6.00, 2nd \$4.00
Platform Entertainers in Pleasing Specialties.

A number of other attractions, and all kinds of fun and recreation.
The Committee has arranged for Expert Judges who have not passed judgment at any other fair in the district this year.

GOOD BAND IN ATTENDANCE.

Admission 25c Children 15c Carriages and Autos 25c

Come With the Crowd, Meet Your Old Friends and Enjoy an Outing. For Prize Lists, etc., address the Secretary.

JOHN FARRELL, President. F. KENWARD, Secretary.

FALL FAIRS PAY WELL

Prepare Now to Harvest and Store Root Crops.

Best Mixtures and Methods of Making Bread With Flour of Various Cereal Grains.

(Contributed by Ontario Department of Agriculture, Toronto.)

TO the general farmer who grows good grain for seed, to the specialist in garden and truck crops, and particularly to the live stock man the Fall Fair offers an opportunity. It pays to advertise and the Fair is the place where the people see the goods produced, and seeing is believing. Moreover, the papers report the winnings and through these the exhibitor gets a large amount of advertising free which would otherwise cost him a considerable amount of money. Winning in these competitions under a competent judge adds dollars to the value of stock shown and increases the market price of any commodity as well as giving the exhibitor a standing not only in his own community but over a section of country corresponding to the size and influence of the show at which prizes are won. The Fair is a good place to make sales. Prospective buyers see the good exhibits made and enquire about the breeding stock at home. Stockmen show at Fairs largely to make sales rather than to win prizes although the latter is a factor in the sales and they are not disappointed as evidenced by the growing interest in the Fall Fair. Showing at the Fair, coupled with a judicious newspaper advertising policy, which should never be neglected, is good business. The two go together and work hand in hand. It pays to let others know of your good stock. Use printers' ink and show at the Fall Fair—Prof. Wade Toole, O. A. College, Guelph.

AN OIL THAT IS FAMOUS.—Though Canada was not the birth-place of Dr. Thomas' Electric Oil, it is the home of that famous compound. From here its good name was spread to Central and South America, the West Indies, Australia and New Zealand. That is far afield enough to attest its excellence, for in these countries it is on sale and in demand.

Hints on Harvesting Root Crops.
Root crops should be taken up before the weather becomes too wet and disagreeable in the fall if in any quantity. It is slow work at any time and becomes much more so under cold damp conditions. Lift the roots with a digging fork and twist off the tops, putting them in piles and covering with the tops. If a large area is to be lifted, and one is expert with a sharp hoe, he can very quickly remove the tops, but they will not keep quite as well. The roots should be ploughed out, throwing them as much as possible on the top. Bins with slatted sides and bottom should be used for storage where possible, as this gives the roots chance to sweat. If the storage room temperature is above 40° F. cover them with sand. Carrots should not be deeper than two feet in a bin, others may be four feet. Where cellar storage is not available use pits. These should be three feet wide, two or three feet high and of any length. Run the pits north and south where possible, and have them on well-drained ground. Put a layer of straw on the ground and cover first with straw 6 inches deep then 6 inches earth, and as the frost gets harder cover with fresh straw manure. Have ventilators every 15 or 20 feet, as all roots sweat in storage. These may be filled with straw during cold periods.
All roots should be as free from dirt as possible when put in storage. It is often advisable to leave a few days in small piles so that at the second lifting any adhering will be removed.—H. MacLennan, B.S.A., Ontario Vegetable Specialist.

Cereal Grains for Bread-making.
On this continent and in Europe we use wheat in much larger quantities than any other grain. This is because the flour made from wheat contains the constituents necessary to form gluten. Rye contains a similar substance to a lesser extent, while the other grains do not have any of this material. Gluten is a tough, elastic, tenacious substance, capable of considerable expansion. Consequently, when the gas liberated through the action of yeast seeks to make its way out of wheat flour dough the gluten expands, retaining the gas and causes the dough to rise. When the bread is baked the gluten is "set" or coagulated, and this accounts for the light porous structure

of wheat bread, which is surrounded by a proper crust the moisture is retained and the bread may be kept for several days and still be an attractive article of food. Rice, oats, corn and barley cannot be used alone to prepare bread of this type. They cannot be expanded by means of yeast for their is no cohesion in the mass. They may be fused in making biscuits and cakes or quick breads, which break easily, crisp, but readily, cannot be safely transported, and must be consumed within a few hours after being prepared.

On the other hand, there is comparatively little difference in the composition of the various cereal grains and, consequently, one will furnish about as much digestible nutrients as another. If, then, in a time of wheat shortage like the present, we substitute some of the flour of corn, oats, barley, buckwheat, etc., for wheat flour in making bread, we do not decrease its nutritive value. We do dilute the gluten and thus limit the power of expansion of the dough and we make the bread darker, but we have retained the desirable features of bread. Silkiness of texture and whiteness of crumb were counted points of excellence in the bread of the old high patent flour, but under the present conditions of longer extraction of the wheat grain and the introduction of substitutes, it is wrong for the consumer to place a high valuation on these points.—Prof. R. Harcourt, O. A. College, Guelph.

Made Brave Rescue.
Once a terror to mariners, Minots Light, which stands on a reef off Boston harbor, has another thrilling story added to its history, says the Popular Mechanics magazine. Three days before Christmas, Captain Octavius Reamey, the keeper, approached the tower in his motorboat, which was loaded with provisions and fuel obtained on the mainland. As the craft drew up, it was overturned by the waves that were breaking over the base of the structure, leaving the captain battling alone in a tossing mast of icy water. The assistant keeper was lowered on a rope from the door fifty feet above. He managed to seize the drowning man before it was too late, and both men were pulled from the water by their companions to the doorway high in the tower.

Great Apple Industry.
The apple industry in the United States today represents a stupendous commercial achievement. It had grown to 60,000,000 barrels in 1916; it dropped to 28,000,000 in 1911, and went up again to 40,000,000 barrels in 1912. From this date forward there is a continual increase in the production, for the great cities of the world are crying for apples, and people everywhere are just beginning to apprehend the actual value of this delicate fruit. We are turning backward to our heritage, for in the days of our great-grandfathers the common adage was: "An apple a day will keep the doctor away." Fruit as a part of the diet represents a most health-giving element.—Christian Herald.

Nothing as Good for Asthma.
Asthma remedies come and go but every year the sales of the original Dr. J. D. Kellogg Asthma Remedy grow greater and greater. No further evidence could be asked of its remarkable merit. It relieves. It is always the same unvarying quality which the sufferer from asthma learns to know. Do not suffer another attack, but get this splendid remedy today.

London's Tea Houses.
The death of Sir Joseph Lyons reminds us what a modern institution the teashop is. You need not be very old to remember the time when practically the only places where a cup of tea could be obtained in London were the old-fashioned coffee houses, with their boxed-in compartments and narrow, uncomfortable seats.
The customers were exclusively men, and if a woman required light refreshment she had to search for a confectioner's shop, where tea and coffee were sometimes grudgingly served, at famine prices, at little round marble tables tucked away in dark corners.—London Chronicle.

Used Stamps Valueless.
The Red Cross wishes to make it known, as widely as possible, that the report that used postage stamps have any value through the extraction of the dyes contained in them is absolutely false. This false report has already resulted in the receipt by the post office department of many stamps collected by misguided patriots who sought thus to do something to help win the war.—The Outlook.

Boy's Remark Got Results.
Bob had been downtown with his mother shopping and was tired when they boarded a homeward bound street car. Every seat was occupied. After a few minutes' silent survey Bob leaned up against his mother with a tired sigh and said: "Well, mother, I guess this is seatless day for us." Even newspaper camouflage couldn't resist this. Several seats were quickly vacated.



Many of the brave women who attend our wounded heroes in this war are women who have used Doctor Pierce's Favorite Prescription, or who recommend it. The hospital, with its work and long hours, imposes extreme hardship on a woman's strength. Every woman should make herself fit for war's call at home or abroad. She should obtain a book called "The Medical Adviser," either at her nearest drug store or by sending 50 one-cent stamps to Dr. Pierce, Courtwright St., Bridgeburg, Ont., for this book which tells about Nursing, Bandaging, Anatomy, Physiology, Marriage.

Thousands of women in Canada have overcome their sufferings, and have been cured of woman's ills, by Dr. Pierce's Favorite Prescription. Sold by druggists in liquid or tablets. Send Dr. V. M. Pierce, Buffalo, N. Y., 10c for trial pkg. Chatham, Ont.—I am very glad indeed to add my recommendation to the many others that have found relief in Favorite Prescription. After motherhood I could not properly regain my strength. I was very weak and nervous, almost had a terrible cough. I was very miserable when I began taking the "Prescription," noticed a marked improvement before I had finished one bottle. I kept up its use and was completely cured of my cough and it built me up in a good healthy state. Favorite Prescription is one of the best tonics for women.—Mrs. Geo. Hill, 210 Wellington St. E.

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.

MEDICAL.
JAMES NEWELL, PH. B.; M. D.
L. R. C. P. & S., M. B. M. A., England.
Corner County of Lambton, Watford, Ont.
OFFICE—Main St., next door to Merchants' Bank. Residence—Front street, one block east of Main street.

C. W. SAWERS, M. D.
WATFORD, ONT.
FORMERLY OF NAPIER) OFFICE—Main Street, formerly occupied by Dr. Kelly. Phone 13 A. Residence—Ontario Street, opposite Mr. A. McDonnell's, Night calls Phone 13 B.

W. G. SIDDALL, M. D.
WATFORD ONTARIO.
Formerly of Victoria Hospital, London.
OFFICE—Main street, in office formerly occupied by Dr. Brandon. Day and night calls phone 26.

DENTAL.
GEORGE HICKS,
D. D. S., TRINITY UNIVERSITY, L. D. S., Royal College of Dental Surgeons, Post graduate of Bridge and Crown work, Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth. Special attention to Crown and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN ST.—WATFORD. At Queen's Hotel, Arkona, 1st and 3rd Thursday, of each month.

G. N. HOWDEN
D. D. S., L. D. S.
GRADUATE of the Royal College of Dental Surgeons of Ontario, and the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crown and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN ST.—WATFORD.

Veterinary Surgeon.
J. MCGILLICUDDY
Veterinary Surgeon,
HONOR GRADUATE ONTARIO VETERINARY College. Dentistry a Speciality. All diseases of domestic animals treated on scientific principles. Office—Two doors south of the Guide-Advocate office. Residence—Main Street, one door east of Dr. Siddall's office.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that creditors and others having claims against the estate of Thomas Lemon Swift, late of the Village of Watford, in the County of Lambton, and Province of Ontario, Lieutenant, deceased, are to send in full particulars of such claims together with the nature of security (if any) by mailing them to Cowan, Towers & Cowan, at Watford, on or before the 13th day of October, 1918, and after the said date the Administrator will proceed to distribute the estate among the parties entitled thereto, having regard only to the claims of which he shall then have received notice.

COWAN, TOWERS & COWAN,
Solicitors for the Administrator, etc.,
Dated this 10th day of September, 1918. 15-2

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