

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 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. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

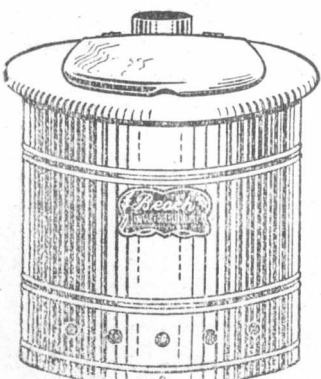
Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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"THE BEACH" is positively guaranteed sanitary and odorless
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WHAT IS YOUR ANSWER ?

The great victory won by the Allies in France has caused great rejoicing.

The brave men who have won it, those who died in the struggle and those who lived to wear the crown of victory have done the greatest service men can do for their native lands.

We feel pride in their achievements, in their heroism, and honor them for the sacrifices they have made.

There are gaps to fill in the ranks of these gallant men who are fighting for us on the battlefields.

It is the young men of Canada who are expected to fill them and emulate the deeds of those who have fallen in the hour of victory.

It is left to your voluntary decision.

Ask yourself, you of military age, what is your duty to the flag that protects you in the enjoyment of your free citizenship.

What is your answer ?

Guide-Advocate Want Ads. Get Quick Results

BABY OR HOUSE ?

The Mother Having No Servant Must Choose.

AN EASY THING TO DO.

If the Baby is Healthy Much Can Be Accomplished While He Naps if His Mother Systemizes Her Work and Plans.

The woman with young children must put the children and herself before the house, for this is a case where house-keeping becomes secondary to the health of the baby and the strength of the mother. Even if she does not like it standards must be lowered by the young mother who must take care of both children and a house unaided. A tidy, well kept house is a joy and an ideal, but it is an impossible realization by the mother of the baby who has no other help unless she is willing to sacrifice herself unwise.

If the baby is healthy much can be accomplished in its two hour naps. During its morning sleep the bedrooms may be quickly straightened, living rooms made presentable and some little work done in the kitchen. Indeed, one of the wisest things to do while the baby sleeps is any special cooking which requires close attention. It is almost impossible to prepare food well while baby is crying and fretful, as cooking needs concentration and quiet. It is therefore better to prepare a dessert while baby is asleep and to do his washing, as necessary, the sweeping or other tasks which can be interrupted while he is awake. The broom will not scorch as you lay it down to pick up the baby for a moment, but the rice pudding will.

If the baby takes another afternoon nap it is the better part of sense to sleep or at least lie down during the baby's nap. Certainly there should be some half hour in the day at least when the mother can have quiet and relaxation, and it is not at all indolent to neglect some scouring and polishing in order to get rest and much needed relaxation.

In the house where there is a baby furnishings should be the simplest and housework thus reduced to a minimum, that the extra amount of time may be given to the baby. One reason, perhaps, why many modern young married women of humble circumstances are averse to motherhood is that they cannot reconcile a baby and the disorder which a baby brings in its trail. They like their well kept little home with its fern dish exactly in the center of the embroidered dolly on the dining room table, and they cannot see how they are able to do justice, as they would like, to both home and the baby. True, a woman cannot serve two masters—be a household paragon and at the same time a devoted mother. She will have to choose which she prefers, or, if she is wise, she can banish frumpiness, simplify her home and have both. First see that the baby is well and get it into a schedule of sleeping, eating and waking; then do all the important housework during its naps.

DAINTY ORGANDIE.

A Set of Cuffs and Collar in the Latest Design.

The beauty of this set is that it can be so easily made at home. Wide hem-



IS SHE A QUAKER?

stitched borders make the simple and effective finish. The shirt waist girl will delight in this pretty accessory.

To Clean Copper Easily. Have you any copper utensils in your household that are a trial to

clean? Why should it be so when there is an easy way? Place oxalic acid crystals in a dish and moisten with water enough to make a paste. Rub this paste on the articles to be cleaned, using a soft cloth. Let them dry. Now rub briskly with a dry flannel cloth and as a result you will have a remarkable brightness.

Having the article to be cleaned very hot will make the operation even easier. Let the utensil stand with boiling water in it for awhile before cleaning it.

Try this method and see how easily the percolator, chafing dish, teapot, serving tray and many other things are made bright and new.

CHOOSING MUTTON.

Rules to Guide Those Who Want to Be Careful Buyers.

Mutton is generally considered the most healthful meat and is eaten by many to the exclusion of any variety, consequently great care should be exercised in the selection, and a little time should be given to the study of quality.

In buying mutton or lamb care should be taken to see that the fat is clear, hard and white, as mutton with soft or yellow fat indicates too long a stay in cold storage. It might appear that a great quantity of fat on mutton signifies waste, but the lean part is much juicier and more tender when this is the case, so the wise housewife makes purchases with this in view.

The leg has the least fat in proportion to weight. Next comes the shoulder. The color of lean mutton is a deep red.

Lamb is good to eat when a year old and is much more digestible than other immature meat, such as veal or young pork. The wise housewife knows the value of nutrition, so she will hesitate about buying lamb merely because it is in the market, as it is generally expensive.

The meat of spring lamb should be a clear pink, with plenty of pure white fat.—New York Sun.

FIRST ARMY MEDAL.

It Was Issued After Cromwell Defeated the Scots in 1650.

The first medal issued as a reward for military service was struck by order of parliament to celebrate a victory of English troops over the Scotch.

When the news reached London that Cromwell had defeated the Scots at Dunbar on Sept. 3, 1650, the house of commons instructed Thomas Simon, chief engraver to the mint, to proceed to Edinburgh and design a medal in honor of the event, of which a leading feature should be a portrait of the victorious general.

The result was a lifelike portrait of Cromwell in profile, and over his head is engraved the battle cry of his iron-sides, "The lord of hosts." On the reverse there is a wonderful representation in miniature of the house of commons in session. This medal was given to all officers and privates alike who fought in Scotland, but this democratic practice was discontinued till revived in 1815 at the suggestion of the Duke of Wellington for the troops under his command at Waterloo.—London Telegraph.

Antiquity of Fishing.

Probably no branch of industry can lay claim to greater antiquity than that of fishing. Its origin would seem to be coeval with the earliest efforts of human ingenuity, for the oldest monuments of antiquity show the fisherman in full possession of the implements of his calling, and even those tribes of savages which have learned neither to keep flocks nor to till the fields are skilled in the fabrication of the hook, the fish spear and the net. The earliest civilization of the eastern Mediterranean was begun with fishing. Sidon, which means "fishery," was originally a fishing village, and its enterprising inhabitants devoted their attention mainly to the collection of a certain kind of mollusks, from which they prepared the famous tyrian purple, prized more highly for the richness and variety of its hues than any other dye known to the ancients.

Women Author's Pen Names.

Among the noted women authors who wrote under pen names are the following: Mrs. Mary Ann Evans Cross as George Eliot, Baroness Dudevant as George Sand, Klara Mundt as Louise Muhlbach, Mrs. Crank as Miss Mulock, Charlotte Bronte as Currer Bell, Emily Bronte as Alice Bell, Mrs. Sarah Parton as Fanny Fern, Abigail Hamilton Dodge as Gail Hamilton, Mrs. Lippincott as Grace Greenwood, Mrs. Terhune as Marion Harland, Louise de la Ramee as Ouida, Sarah Smith as Hesba Stretton, Susan Warner as Elizabeth Wetherell, Miss Murfree as Charles Egbert Craddock, Alice French as Octave Thanet, Mrs. Elizabeth Akers Allen as Florence Percy, Laura C. Reddon as Howard Glyndy, Miss Woolser as Susan Coolidge.

A MINISTER'S INTERESTING DISCOVERY

Rev. A. D. MacLeod, of Harcourt, N. B., in a letter written recently, referred to the remarkable popularity which Zam-Buk enjoys in the homes of the people. "Really," he writes, "I know of nothing like it!" Having charge of an extensive mission over which I travel constantly, I meet with many sick and afflicted people, and I have been amazed at the good Zam-Buk is doing daily. I have learned as an absolute fact that for bad ulcers, old wounds, eczema and skin diseases of all kinds, the healing powers of Zam-Buk are simply marvellous! For the painful ailment, piles, also, it is excellent. If a box of Zam-Buk could be put into every home it would save many a doctor's bill!

Here is disinterested evidence, based on the best and widest experience, of the value of Zam-Buk. In the homes of the people from the Atlantic to the Pacific, Zam-Buk is the most popular balm. Why? Because in so many cases it has proved a cure when all else has failed. Zam-Buk is a sure cure for eczema, ulcers, abscesses, varicose veins, scalp sores, piles, cold sores, cuts, burns, bruises, the eruptions and sores of babies and children, and all skin diseases and injuries. All druggists and stores sell at 50c. box or postpaid from Zam-Buk Co., Toronto, for price. Refuse harmful, cheap imitations, sometimes offered. Send this article to Zam-Buk Co., Toronto, and 1c. stamp and receive free box by return.

Addressing of Mail

In order to facilitate the handling of mail at the front and to insure prompt delivery it is requested that all mail be addressed as follows:—

- (a) Regimental Number.
 - (b) Rank.
 - (c) Name.
 - (d) Squadron, Battery or Company.
 - (e) Battalion, Regiment, (or other unit) Staff appointment or Department.
 - (f) CANADIAN CONTINGENT.
 - (g) British Expeditionary Force.
 - (h) Army Post Office, LONDON, England.
- Unnecessary mention of higher formations, such as brigades, divisions, is strictly forbidden, and causes delay.

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OUR CLUBBING LIST

THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star	\$1 85
Weekly Mail and Empire	1 85
Weekly Farmers Sun	1 85
Weekly London Free Press	1 85
Saturday Globe	2 00
Northern Messenger	1 40
Weekly Montreal Witness	1 85
Hamilton Spectator	1 85
Weekly Farmer's Advocate	2 35
Daily News	3 00
Daily Star	3 00
Daily World	4 00
Daily Globe	4 00
Mail and Empire	4 00
Morning London Free Press	4 00
Evening London Free Press	3 00
Morning London Advertiser	3 00
Evening London Advertiser	3 00

GRAND TRIP

TIME TABLE.

Trains leave Watford Station as follows	
GOING WEST	
Accommodation, 75	8 44 a.m.
Chicago Express, 3	12 13 p.m.
Accommodation, 83	6 44 p.m.
GOING EAST	
Accommodation, 80	7 43 a.m.
New York Express, 6	11 16 a.m.
New York Express, 2	3 05 p.m.
Accommodation, 112	5 16 p.m.

C. Vail, Agent Watford

