

Surpassing

all others in general excellence---

"SALADA"

is enjoyed by millions of devoted friends

Black, Green or Mixed Blends. Sealed packets only.

Persuasion Failed, They Took to Force!

SHE was so proud
Of her first cake.
It was so light so
tempting!

But her young brothers
had an eye on it,
too, and ——— !

You've simply got to
hide the cakes and
bread when they're
made from Cream of
the West Flour.

Maple Leaf Milling Co.,
Limited
Toronto, Winnipeg
Brandon, Halifax

CREAM OF THE WEST FLOUR

You can procure Cream of the West Flour
from the Watford Farmers' Co-operative
Association, Limited.

THE FATEFUL YEARS FOR EVERY WOMAN

How to Overcome Troubles That Afflict Women Only.

So far as a woman's health is concerned, probably the most fateful years in her life are those between 45 and 50. Many women enter this period under depressing conditions, through overstrain in household cares, or a neglected condition of the blood, and so they suffer heavily.

Among the commonest symptoms at this time are headaches, pains in the back and sides, fever flushes, palpitation, dizziness and depression. It is well to know that these variations of health can be relieved by home treatment. What women stand in need of all their life, but never more so than in middle age, is rich, red blood. As a tonic for the blood and nerves, Dr. Williams' Pink Pills are always useful, but especially will they help women at this time. Among those who have found benefit through the use of Dr. Williams' Pink Pills is Mrs. J. A. McDougall, Rhodena, N. S., who says: "I was greatly troubled with nervousness, palpitation of the heart, dizziness, and a generally run down condition. It was only with difficulty that I could do my work, and although I had been taking medicine for some time I did not improve. Finally a friend advised Dr. Williams' Pink Pills, and I got a supply and began taking them. The result more than met my expectations, and I am feeling better than I have done for years, sleep well, eat well, and do my house work much more easily. In my case the pills certainly did what you claim for them."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can get them by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Is your subscription paid to 1921?

The automobile is going to abolish the little red school house. Meanwhile it is not necessary to abolish the school children.

STOP THE PAIN
Headache, Neuralgia, Rheumatism, Backache, Sciatic and Ovarian Pains. One or two DR. MILES' ANTI-PAIN PILLS and the pain is gone. Guaranteed Safe and Sure. Price 30c. SOLD IN WATFORD BY TAYLOR DRUG CO.

COMMUNITY CANNING AND LAUNDRY

"The advantages of a community canning centre" were explained recently by Mrs. M. C. Dawson of Parkhill, when she spoke before a union meeting of the various U. F. W. O. clubs of Oxford county, held in the Y.W.C.A., Woodstock. This meeting was largely attended.

Mrs. Dawson, who by the way, is editor and proprietor of the Parkhill Gazette, gave a most enthusiastic account of the manner in which the community canning centre at Parkhill is flourishing under the auspices of the Women's Institute. She reviewed its beginning in 1916, when it was started for Red Cross purposes. For the first two years all the products from this centre were sent overseas. Included in the last were fruit, vegetables and chicken, etc., all of which were donated. With the close of the war it was decided to use the equipment for the benefit of the home community, and so the canning centre was established. All the articles, said Mrs. Dawson, are cooked in steam jacketed retorts and ten pounds pressure of steam may be used. Enamel lined tin cans, which are automatically capped by a capping machine, are used. The cost is placed at 10 cents a can plus 3 cents a can for cooking, with the customer supplying her own goods. All the work in connection with the preparation of the goods is done at the centre and thus the work in the home is considerably lessened.

To give an estimate of the business done last year, Mrs. Dawson said the expenses were \$3,000, but there was a net profit of \$600. Four hundred families availed themselves of the privileges of the centre, and in every way, she pointed out, the utmost satisfaction had been experienced. By having a common centre where the women could get together and do their work, a spirit of co-operation existed, which was most delightful. By having their canning done out of the home the mothers had more time to be with their children and to give more attention to other details which were crowded out by reason of the many duties she had to attend to.

The next step to be undertaken by the Parkhill women is the establishment of a community laundry, and

Mrs. Dawson enlarged on the work that would be eliminated in the home if such were the case. As to establishing a community canning centre, Mrs. Dawson suggested to the women that they utilize the steam in any of the nearby butter and cheese factories. Mrs. Dawson predicted that in the near future other women would appreciate the necessity of one, and she hoped they would assert themselves to gain something which would help conserve their energy by eliminating unnecessary drudgery in the home.

COMPETITION OPEN TO YOUNG FARMERS

The Ontario Department of Agriculture is conducting the following competitions this year: Acre profit in oats and corn and feeding hogs for profit. The prize given to the winner in each competition is a two weeks' short course at Guelph. They may take two weeks' of any course held during January and February, 1922.

In the acre profit the prize is given to the contestant showing the highest net profit per acre. In the feeding hogs for profit, 50 points will be given for highest net profit per cwt of gain, 20 points for the best kept records, 20 points for highest gain in weight, except that for light and heavyhogs, two points will be deducted for every five pounds, or fraction of five pounds under 180 or over 230 pounds.

The acre profit competitions must be confined to a field of any size, but not less than one acre, except in the case of the oats, when the area under crop must be at least five acres. The agricultural representative will inspect the field and see that it is measured correctly.

Accurate account must be kept of all labor, cost of seed, fertilizer, etc. We will supply forms to all contestants on which to keep records.

Two witnesses should be on hand when the crops or pigs are weighed.

These competitions are open to young men under 30 years of age. Winners in previous competitions are not eligible to enter the same contest again.

Each contestant in the hog feeding must feed a pen of hogs containing no fewer than four. They must notify the local agricultural representative in advance when the hogs attain the age of six weeks. Hogs are to be weaned and weighed at six weeks of age and fed and cared for by the contestant. An accurate account should be kept of the kinds and amount of feed consumed during the feeding period. Garbage or refuse from the house must not be fed. The form supplied for recording details of the competition must be filled out to the satisfaction of the representative. Contestant must notify the representative three days before the hogs are to be finally weighed. Hogs may be finished any time within 26 weeks of age.

All reports must reach the office of the local agricultural representative not later than November 12.

WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely
and Comfortably by Taking
Lydia E. Pinkham's Vegetable
Compound.

Regina, Sask.—"I was going through Change of Life and suffered for two years with headache, nervousness, sleepless nights and general weakness. Some days I felt tired and unfit to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results, and I also find it a very helpful Spring tonic and useful for constipation from which I suffer much. I have recommended Vegetable Compound to several friends, and am willing you should publish this."—Mrs. MARTHA W. LINDSAY, 810 Robinson St., Regina, Sask.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Lindsay.

MONEY

—is never safe about the house. Fire, loss, theft take place in spite of the utmost care.

Secure absolute protection for your surplus funds in a Sterling Bank Savings Account. Your money—instead of being idle—will be earning you a profit. It can be readily obtained if needed. You will have the convenience of paying accounts by cheque.

Any Sterling Bank Branch will be glad to open an account for you.

THE STERLING BANK OF CANADA

War Bond Coupons Cashed Free



The Merchants Bank will cash all War Loan coupons or interest cheques when due, on presentation, without making any charge whatever for the service. If you have not a Savings Account, why not use your interest money to open one with this Bank?

THE MERCHANTS BANK OF CANADA

Head Office: Montreal. Established 1864.
WATFORD BRANCH, F. A. MacLEAN, Manager.
ALVINSTON BRANCH, G. H. C. NORSWORTHY, Manager.

New Prices

GRAPELADE, 2½ lb tins.....	50c
STRAWBERRY JAM, 4 lb tins.....	\$ 1.00
AUTUMN LEAF SALMON, 1 lb Fancy Cohoe....	40c
CASCADE SALMON, 1 lb Pink.....	20c
BULK OATMEAL, 4½ lb.....	25c
BULK CORNMEAL, 4½ lb.....	25c
CHICK FEED, 5 lb.....	15c
MONARCH COFFEE, 1 lb tins.....	65c
ALL LAUNDRY SOAPS, 3 bars.....	25c

N. B. Howden Est.

What's a Guarantee?

Our idea of a guarantee is that the manufacturer who gives one—which hasn't any tags and loopholes—believes in his product.

So much so that he stands ready to make good any loss suffered by the purchaser through defective material or workmanship.

It's mainly because of the guarantee that goes with them that we are selling and recommending Ames Holden "Auto-Shoes."

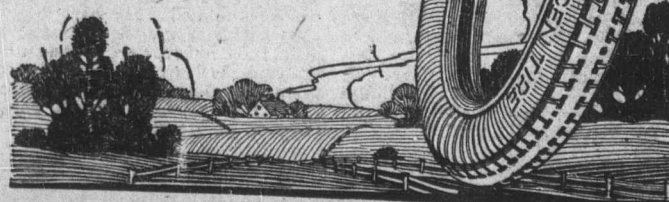
Of course, we know they give the cheapest mileage too—that they are dependable tires for any make of car, anywhere. But it's the guarantee that we talk about most. It's the straight and clean-cut, without time or mileage limits. It shifts our responsibility on to the manufacturer and he lives up to every letter of it. Come in and let us tell you about the guarantee that goes with

AMES HOLDEN "AUTO-SHOES"

Cord and Fabric Tires in all Standard Size

Ray Morningstar WAT-FORD GARAGE

Phone 21



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