

ARS OF IRE

Indigestion
It-a-fives"
ruit Medicine
I thousands of
Albert Varner
s, tried many
o doctors and
g did him any
sed him to try
he is well. As
ffered terribly
ndigestion. I
er stuff would
ften vomiting,
pated. I took
s grand fruit
trial size 25c.
Fruit-a-fives

NS JAN. 2nd

legge
ta., Toronto.
ade Training?

ffered this
a month and
\$1800, \$2000
or catalogue.

TT, Princip.

PH.B., M.D.,
England,
nbn. Wat-
er Main and
Front st., one

D., Phone 13.
e—Main st.
east. Office
2 to 4 and
appointment.

D., Watford,
Public Lib-
is phone 26.
30 a.m., 2 to
Sundays by

OMPSON
reona
ORONTO.
7012
3, 7-8 p.m.
6m-d12jan

D.S., Trinity
College of
graduate of
Orthodontia
best meth-
the natural
Idall's Drug

D.S., L.D.S.,
College of
io and the
Only
ved Appli-
d. Special
ridge work.
Main st.,

GEON

Veterinary
to Ontario
entistry a
f domestic
ntific prin-
s south of
Residence
orth of Dr.

Auction-
Lambton.
rders, rea-
be left at

TON
FIRE
NY
5)

President
Director
Director
Director
Solicitor

inspectors
Auditors
nager and
Treasurer
Wanstead
lympton

ry
IA

BEFORE MY BABY CAME

I Was Greatly Benefited by
Taking Lydia E. Pinkham's
Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

It will prevent Ulcerated Throat—At the first symptoms of sore throat, which presages ulceration and inflammation, take a spoonful of Dr. Thomas' Electric Oil. Add a little sugar to it to make it palatable. It will allay the irritation and prevent the ulceration and swelling that are so painful. Those who were periodically subject to quinsy have thus made themselves immune to attack.

Wedding Stationery

ANNOUNCEMENTS
INVITATIONS
CAKE BOXES
CARDS

Newest Designs
Finest Quality

The Guide-Advocate

CANADIAN NATIONAL RAILWAYS TIME TABLE

Trains leave Watford station as follows:
GOING WEST
Accommodation, 111.....8.42 a.m.
Chicago Express, 17.....12.40 p.m.
Detroit Express, 83.....6.51 p.m.
(a) Chicago Express.....9.11 p.m.

GOING EAST
Ontario Limited, 80.....7.48 a.m.
Chicago Express, 6.....11.22 a.m.
Express.....2.50 p.m.
Accommodation, 112.....5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

C. W. VAIL, Agent, Watford.

Central Business College STRATFORD, ONTARIO

prepares young men and young women for Business which is now Canada's greatest profession. We assist graduates to positions and they have a practical training which enables them to meet with success. Students are registered each week. Get a free catalogue and learn something about our different departments.

D. A. McLACHLAN,
Principal

A. D. Hone

PAINTER AND DECORATOR
PAPER HANGING

WATFORD - ONTARIO

GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATE FURNISHED
SATISFACTION GUARANTEED

RESIDENCE—ST. CLAIR ST.

Quebec to Repeat Carnival Success



1. The Guns which once defended the citadel now accommodate the small revellers. 2 and 6 are Ski-ing scenes. 3. These are out for a "bouncing" good time. 4. Skating in the Exhibition Grounds is also the order of the day. 5. "Nogik" was born this year to the Chateau Frontenac dog team and he will probably figure largely in the dog race featuring the Winter Sports Program.

QUEBEC is again to have a real, live carnival that shall be truly representative of the wonderful sporting attractions of the ancient Capital. The success of the dog races held in Quebec last year has encouraged the organizers to sponsor a very much bigger program for this year, and a comprehensive series of sporting events will be held on February 21, 22, and 23, in which all the sports for which Quebec is so naturally adapted will be represented, and culminating in a grand masquerade ball at the Chateau Frontenac. In addition to the international races for the Eastern Dog Sled Derby Trophy, there will be events in snow-shoeing, skiing, ice racing, curling and skating. The whole of these events will take place within the Exhibition Grounds, and it is proposed to once again give Quebec an ice palace.

The people of Quebec take, and naturally, a great pride in their wonderful old city, and the ancient capital is not so large that its people cannot get together on occasion to fete en masse. A carnival in Quebec is not to be forgotten, for the whole populace absorbs the spirit of the

season, drawing its visitors into the gay vortex, so that even the walls which rang to laughter centuries ago lose their aged atmosphere, and lend themselves to the fete.

By reason of its even and exhilarating climate, its accessibility and natural and artificial opportunities for sport, Quebec is the home of the winter sports for the continent. Each wintry season, more people are attracted to it, and for long periods it becomes the social centre, as well as the sporting centre of North America. Practically everything that is carried on is on an open scale—Quebec is the soul of hospitality. A hundred rinks invite you to skate, as far as you can see, fir-clad hills invite you to ski through their myriad glorious glades, of toboggan slides there are not a few, and there are many excursions which simply must be made on snow-shoes. As for evening entertainment, the ball room of the Chateau Frontenac is the scene of a dance nightly. There are moonlight excursions, events on all illuminated rinks, music, song and dance,—a thousand things to do.

Canadian Rockies Lure Noted Artists



CARL RUNGJUS

BELMORE BROWNE'S STUDIO, BANFF

ARTISTS AT BANFF (LEFT TO RIGHT) W. LANGDON KIHN, D. M. KIMBEL, BELMORE BROWNE, CARL RUNGJUS

Noted artists, famous moving picture directors and expert scenic photographers, like thousands of tourists, have succumbed to the lure of the innumerable beauties of Banff and the Canadian Pacific Rockies. Artists in increasing numbers each year spend the summer on the trail in the mountains transferring these beauties to canvas. For seventeen years Carl Rungius, celebrated painter of wild animals in their native haunts, has been a regular visitor to Banff. Now he lives there most of the year and has built his own bungalow and studio. In 1921 Rungius won the \$1,000 Altman prize, but, being foreign born, was disqualified, whereupon the National Academy of Design bought the painting for \$1,000 and it now hangs in the Corcoran Art Gallery, Washington.

Belmore Browne, artist, author, explorer and conqueror of Mt. McKinley, 20,300 feet, lives in his own bungalow studio in Banff the year round except when exhibiting in New York. He and Rungius both study the mountain goats, sheep, deer and bear in their wilderness homes, and paint them and their majestic scenic backgrounds, and Richard M. Kimbel, landscape painter, has spent two summers in Banff and is painting at Lake O'Hara, near

Lake Louise, and last year W. Langdon Kihn lived a month on the Stoney Indian reservation making pastel portraits of the big chiefs, little papooses, squaws and guides. Leonard M. Davis, who paints wonderful landscapes in Alaska and the Canadian Rockies with a palette knife, has joined the Banff art colony and expects to make his winter home in near-by Calgary.

The lure of Canada's Switzerland drew John Singer Sergeant, R. A., to beautiful Lake O'Hara, in the heart of the Great Divide, and with his easel planted in the white and pink heather of an Alpine meadow 6,600 feet above sea level the world renowned painter devoted ten days to painting this exquisite jade-green lake and the towering mountains in which it is cupped. Charles W. Simpson, R. C. A., of Montreal; Oliver Dennett Grover, Albert Groll of New York and many other painters of note have found inspiration in this scenic wonderland. As for those humbler artists, the tourists with cameras, they are to be seen snapshotting everywhere in the bungalow camps, by the lakeside and along the trails making beautiful pictures which inspire their envious friends to visit Banff and do likewise.

ORCHARD POLLINATION

What to Do With "Self Fertile" and "Self Sterile" Varieties.

All Peaches May Be Planted In Blocks—Not So With Some Cherries, Plums, Apples and Pears—A New Strawberry Disease Known as Leaf Scorch or Mollisose.

(Contributed by Ontario Department of Agriculture, Toronto.)

Many of our commonly grown varieties of fruits are "self-sterile," that is their blossoms will not develop into fruits when pollinated with their own pollen, but require pollen from another variety. The grower who is planning to set out new orchards should carefully study the question of self-sterility and plant accordingly.

Peaches May Be Planted In Blocks.

Peaches do not need cross-pollination, and can be planted in solid blocks of one variety with assurance of full crops. They are "self-fertile." Almost all of our other tree fruits, however, are either completely "self-sterile" or partially so. Partially self-sterile varieties may give fair crops in seasons when bloom has been heavy and weather conditions favorable during blooming. A set of three or four per cent. of the blossoms in a heavy bloom will give a crop. It is in seasons of light bloom or of unfavorable "setting" weather that "cross-pollination" is so essential.

Bartlett Pears Are Partly Self-Sterile.

A given variety of fruit may vary in fertility with climatic conditions or other modifying factors. In California, the Bartlett pear is partially self-sterile in the coast valleys and is greatly benefited when other varieties are interplanted. Higher up in the foothills of California the Bartlett is sufficiently self-fertile to give good crops even when planted in solid blocks. In Ontario the Bartlett is practically self-sterile, and must have other varieties planted with it to insure good crops.

Sour Cherries Self-Fertile; Sweet, Self-Sterile.

Sour cherries are self-fertile, and can be planted in solid blocks of one variety. Sweet cherries on the other hand are all self-sterile, and in some cases, as in the varieties Bing, Lambert and Napoleon, are also "inter-sterile"; that is the pollen of Napoleon for example will not fertilize either Bing or Lambert. Black Tartarian is one of the best varieties to plant for pollination purposes. Most varieties of plums are also self-sterile. Apples vary in fertility, but there are few varieties which do not materially benefit from interplanting of varieties so as to secure cross-pollination.

What varieties of each fruit should be planted together for cross-pollination purposes? The problem is largely one of blooming date. The Experimental Station will be pleased to advise each grower as to his own particular pollination problem.—E. F. Palmer, Hort. Exp. Station, Vineland Station.

A NEW STRAWBERRY DISEASE.

Leaf Scorch or Mollisose Described and Treatment For it Suggested.

Until recently the leaf spot of strawberry has been considered to be the most serious leaf disease of the cultivated strawberry. During the past three or four years a leaf disease has been observed in strawberry plantations, and which seems to be generally distributed through the southern and eastern parts of the Province. This disease from its appearance can be appropriately called "leaf scorch." Considering the fungus responsible for the disease, it can be designated "mollisose." Dr. R. E. Stone, of the Department of Botany, Ontario Agricultural College, thus describes the disease and treatment:

Symptoms of the Disease.

In the spring, May and June, the strawberry leaves become covered with small, irregular, purplish spots. The spots enlarge and coalesce until the whole leaf may become involved. When the spots have become quite large they turn ashy brown or dirty grey in the center and then small fruiting specks or acervulae appear. In these acervulae hyaline, two-celled spores appear. These spores serve to spread the disease to other leaves and plants. Later, in July and August, the entire leaves dry up and the diseased plants take on a scorched appearance as though burned over with fire. It is not uncommon to see whole beds present this appearance and it becomes difficult to distinguish the plants suffering from leaf scorch from those severely injured by drouth and white grub injury.

Varieties Susceptible to the Disease.

Not all varieties are equally susceptible to the disease. The most susceptible seems to be Clyde followed by Glen Mary, Haverland, Senator Dunlop, New Williams in the order given here.

Control.

Control measures have not been worked out. From field observations the following procedure would seem to be desirable:

Clean cultivation.
Removal and destruction of all dead leaves in spring.
Spraying with Bordeaux mixture.