

Guide-Advocate

WATFORD, ONTARIO
Member of Canadian Weekly Newspapers Association.
W. C. Aylesworth, Publisher.

Average Circulation for year ending December 31, 1923..... **1,565**
(Covering East Lambton)

ADVERTISING RATES
Display ads, set, transient, 25c inch. Display, yearly contract, set, 18c in. Display Ad., all plate.... 18c in. Special Position... 5c per inch extra. Theatrical Advt'g with reader or cut..... 35c per inch
Business Locals, Front page 10c per line; Inside pages 5c per line. Classified Ads, One Cent per word each insertion. Minimum 25c.

FRIDAY, JANUARY 9, 1925

BIG MEN COME FROM SMALL TOWNS

The Stirling News-Argus contained two items in its news columns last week which substantiate the assertion that many of our leading men in the big cities of to-day came from the small towns and villages. The News-Argus congratulates Dr. H. J. Meiklejohn of Winnipeg, a former Stirlingite on his appointment as vice-president and managing director of the Sovereign Lift Assurance Company. In another column it expresses the sympathy of Stirling friends to another former resident, Sir Gilbert Parker, who was recently injured in an auto accident. Years ago Sir Gilbert was a clerk in Morton's drug store at Stirling. No one then thought he would become the future world-famed novelist. He has been a resident of London, England, now for many years and a member of the British Parliament.

Often the small town is held up to ridicule by some thoughtless persons who do not realize that in the rural sections and the country towns the best stamina of the nation's life is produced against adversity and disadvantages. No one need be ashamed of the fact that they live in or come from a rural centre. Some of the boys in our small towns to-day will be the nation's leaders to-morrow.

A \$10,000 Contest

The capital prize in a big contest now being conducted by the Family Herald and Weekly Star of Montreal is five thousand dollars cash and there are also scores of other cash prizes to a total value of ten thousand dollars. It is announced that each subscriber to the Family Herald whose subscription is received before the contest closes, will receive a free entry, as well as a beautiful art calendar and picture. This generous offer has resulted in a record-breaking rush to subscriptions to this popular weekly and the publishers are warning their old subscribers to renew early and avoid disappointment. The Family Herald grows better and better. It is a marvel of value.

Provincial highways will not be kept open for automobile traffic this winter but they will be made passable for horse-drawn vehicles.

BIBLE THOUGHTS

For the Week

THOU SHALT LOVE THE LORD thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbors as thyself.—Luke 10: 27.

LOVE, JOY, PEACE, LONGSUFFERING, GENTLENESS, GOODNESS, FAITH, MEERKNES, TEMPERANCE: AGAINST SUCH THERE IS NO LAW.—Gal. 5:22,23.

SEEK YE THE LORD WHILE HE MAY BE FOUND, CALL YE UPON HIM WHILE HE IS NEAR.—Isaiah 55:6.

LET THIS MIND BE IN YOU, which was also in Christ Jesus. Let nothing be done through strife or rivalry; but in lowliness of mind let each esteem other better than themselves.—Philippians 2:5, 3.

TRUST IN THE LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.—Prov. 3:5, 6.

SHEW ME THY WAYS, O Lord, teach me thy paths. Let integrity and uprightness preserve me: for I wait on thee.—Psalm 25:4, 21.

A MAN THAT HATH FRIENDS must shew himself friendly: and there is a friend that sticketh closer than a brother.—Proverbs 18:24.

"Squibographs"

The New Year's exercise of balancing the annual budget calls for the poise and agility of a tight-rope walker.

Motorists who try to get by with expired license plates may be reminded that they have got the wrong number.

Farmers are more interested in watching the price of wheat go up than the mercury in the thermometer drop.

The estimated wealth of the inmates of an eastern prison runs into the millions. Most of their capital is locked up in "key" industries.

Laundry owners are said to be anxiously awaiting the result of Luther Burbank's experiments to develop a skirtless grapefruit.

Poisoned liquor across the border may save a thirsty few the trouble of swearing off New Year's. They will not be among those present.

George Bernard Shaw has gone to Madeira to take sun baths. Some of his critics are cruel enough to say that he is already "half-baked."

A cross-word puzzle tournament is being arranged between two picked Michigan teams. Unabridged dictionaries are to be awarded the winners.

Lettuce-growers in California complain that they are losing money. One head of lettuce can garnish dishes in a restaurant for a week and then be served as a salad.

Some day a department store Santa Claus may write a book on the inquisitiveness of youth.

A Fostoria man holds the suspended record, having worn the same pair continuously for forty-two years.

Undertakers, barbers and men of other trades having adopted more euphonic names for their businesses. New York chambermaids have formed a union designated as "Women Hotel Assistants."

During the present temperature the recent decision of the Privy Council permitting railway excursions to the bathing beaches on Sunday in Manitoba is not exciting much interest.

Burbank, the "plant wizard", is reported to have developed a new variety of table corn. If it can be partaken of on the cob without causing comment it will be popular with a host of consumers.

Sign on a Chicago restaurant: "You can't stand the cold on a diet of cream puffs. Come in and get a warm meal."

MacDuff may "lay on" but the hens have decided to "lay off" until more genial weather conditions prevail. The breakfast staple promises to be a luxury until the weather ban on production is raised.

New York health authorities attribute the recent outbreak of typhoid in that city to eating tainted oysters. It is doubtful if the bivalves served in an ordinary restaurant "stew" are numerous enough to cause any serious physical disturbance.

Housewives may be interested in a recent addition to the list of Christmas delicacies. An Ohio chef has invented a spiffy little pie composed of escalloped sauerkraut, with a peanut accompaniment plus onion meringue. It is a he man's contribution to the kitchen lore of the land. All the designer asks is volunteers to eat the first one.

"Sheiks" and "lounge lizards" in London now have a chance to earn a little easy money. Several fashionable tailors are reported to have adopted the plan of demonstrating their garments on male mannequins.

The Ohio man who was held up on the highway by a bandit who relieved him of his money and car and drove off with the victim's wife and four children, is now afraid that the robber may come back after his house and garage.

A health specialist says that ten minutes a day of correct exercise is sufficient to keep the body in good physical condition. The man who stokes his furnace before breakfast may consider the basement exercise equivalent to the "daily dozen".

RADIO PRIZE ESSAY

WRITTEN BY HOWARD WAUGH IMPERIAL, SASK.

"The Advantages of Radio in the Saskatchewan Home."

Radio, which was looked upon as a mere fad three or four years ago, has come to be a feature of the daily life of thousands of people on this continent, who look to the broadcasting stations for daily news bulletins and musical entertainments in their far-flung homes. Shut-ins at home, and in the hospitals with their headsets hanging by their bedsides, are among those to whom radio means most. Church people who delight in being able to sit at home Sunday evenings and listen to a full church service are also appreciative of the Sunday programs broadcasted from the many stations.

Radio therefore supplies something for every member of the family at the fireside and has many real uses. Enlarging upon this last statement, we will readily agree that the commercial use to which the radio is put is the most important of any to the Saskatchewan farmer in particular. As we know, the average farmer is snow bound to a certain extent during the long winter months in which it is no easy matter to keep in touch with the events of the day, and here it is that the radio is really a blessing, over which the grain quotations, stock markets and the news items of the daily papers may be heard in the most out-of-the-way homes in this province.

Another, and by far the more common manner in which the radio is utilized in the home is for pleasure or entertainment during the long winter evenings, in which the members of the family strive, as a rule, to get amusement outside of the home altogether, which often are very expensive as well as demoralizing. A radio in the home affords choice entertainment along the lines of music and lectures at absolutely no cost except that of the receiving set.

An still another fact is that the radio will revolutionize present day methods of education, and will gradually reduce ignorance to a point never before dreamed of. This is the prediction of the leading educators of the country; and without dealing with the technical features which, it is believed, can be overcome, the educators think that radio could be used in these ways to increase knowledge—firstly, by the broadcasting of school sessions for the benefit of the old and young who are unable to attend; secondly,—by college courses and night schools by radio; and lastly, by the broadcasting of popular lectures on health and education.

Radio has a wonderful influence, also, along religious lines which tend towards good, as is shown by the Rev. Mr. McIntyre's statement, which says, "We believe that the radio is one of God's most wonderful gifts to man," and when we read this, "I am helpless and blind and the only way I can hear any religious service is by radio," we cannot but express our own thankfulness to the genius Marconi that this great blessing has come into the world.

Other uses of the radio are as a convenience to passengers on trains and on board ships, and it is said that "the north land would be lost without radio."

As a means of keeping posted on the progress of mankind, radio is unequalled, and it also has a broadening influence; the man who can swing from Cleveland to New York, to Montreal, and to Regina, in five minutes must inevitably lose some of his narrow minded instincts which would be for the good of our country.

Howard Waugh, age 13 years.

HEALTH NOTES

Eating too much or too little is wrong, and leads to all sorts of trouble. In the matter of health there is probably nothing of such vital importance as food. Indeed, it has been authoritatively stated that the duration of life depends, to a large extent, on the kinds of food we eat.

How much food does the average individual need for the complete nourishment of his body? That is a vital question, for as has already been said, too much food or too little food is harmful. Of the two, overeating is the most common, and leads to indigestion in its various forms, liver and kidney diseases, gout, arthritis, some of forms of eczema and a general disinclination to mental and physical exertion especially in very fat people.

The evils of undereating include lack of energy and strength, lack of stored-up power for emergencies, loss of weight, anaemia, imperfect growth, deficiency diseases, the less direct effects of sleeplessness, sen-

The Perfect Blend "SALADA"

Teas from nearly thirty different gardens are blended to give SALADA its distinctive flavor. It is truly a revelation. Try it.

CHILDREN CRY FOR



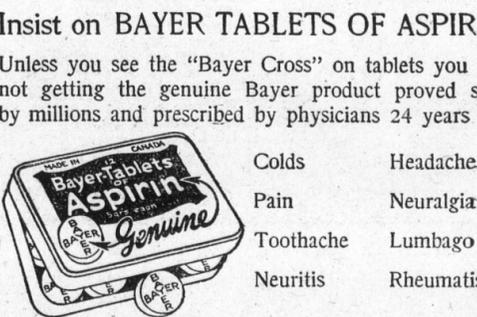
Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of *Chas. H. Fletcher.* Absolutely Harmless—No Opiates. Physicians everywhere recommend it.

Genuine BAYER ASPIRIN

Insist on BAYER TABLETS OF ASPIRIN Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians 24 years for



Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Colds Headache Pain Neuralgia Toothache Lumbago Neuritis Rheumatism

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocyclic-acidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

sitiveness to cold, and mental depression and irritability. These occur not only in the evidently starving, but in people whose diet is ill-chosen.

How much then, shall a person eat? Generally speaking, just so much that from year to year the body keeps in good condition for its work, and maintains a fairly constant weight, and one bearing a proper proportion to height.

One feature of dieting becoming more and more apparent is that when a person gets fat it is because he is eating too much food that produces fat, and when a person loses weight, it is because he is not getting enough flesh-forming food. There are other causes of overweight and underweight, but in the main the question is purely one of how much food and what kinds of food are eaten. Added to this, of course, is temperament, amount of exercise taken, and the kind of life one leads. All these must be taken into account in deciding how much food is required, but again an index of this can in most cases be supplied by the physical condition of the person from day to day, and how his weight is maintained.

As a general rule, people eat too much, and especially too much meat. The diet should include a large amount of foods in their natural state, that is, raw, uncooked food, such as the leafy vegetables and fresh fruits, which contain some of the essential vitamins.

But above all things, the diet must be balanced, that is, must contain the essential amounts of heat-producing, fat-producing and muscle-producing ingredients, stabilized by vitamins which co-ordinate nutrition.

MORE EGGS from Each Hen

The use of hens is to lay eggs, and hens will positively lay more eggs—GUARANTEED—if you put a dose of Pratt's Poultry Regulator in the feed every day. Your dealer is authorized to give back your money if it fails.



Write for FREE BOOK. PRATT FOOD CO. OF CANADA, LTD., TORONTO

You can get at Us; then who trust the stranger

HUNDREDS of people in Canada are being victimized these days by fraudulent, glib-tongued subscription agents who take the money but don't deliver the goods. This is particularly true of magazine subscriptions.

Next time a stranger tries to sell you a newspaper or magazine remember that—

We can sell you the same magazine for the same price—often a better—price.

Further—we absolutely guarantee regular delivery of the magazine or your money back.

The stranger comes—y know nothing as to his bona fides—and goes.

We're here to stay. If anything goes wrong

YOU CAN GET AT US Let us quote you prices on any magazines or papers you are interested in.

The Guide-Advocate

We will forward subscriptions to any daily or weekly newspaper, magazine or publication of any kind

TWENTY YEARS

January 6, 1905 T. L. Swift retires from the office of Swift Bros. W. Miss Hazel Marwick, W. graduated from Forest Model Watford Ladies Hockey Club organized with following officers: Mrs. C. Cambridge, hon. pres. (Dr.) Auld; sec.-treas., Miss N. den. Lineup:—Forwards, Roche, Ethel Virgo, Lena May Armitage; point, K. cover point, Maud Roche; Fred Rogers.

FORTY YEARS

January 2nd, 1885 Marriages—On Christmas 1884, Mattie A. Howden to V. Ecker of London, by Rev. Hyland; on Dec. 24, 1884, M. Higgins, Brooke, to Geo. Candell of West Williams by W. Hayhurst.

L.O.L. 505, Watford, install following officers: Alexander W.M.; John Brownlee, Deput. ter; Jas. Piper, secretary; Robinson, Rec. Sec.; Thos. Treas.; Rev. P. E. Hyland, ch. Noble Howden, Lecturer; Jas. Ist. Com.; Thos. Newell, D. of Farewell Supper was held at Rogers Hotel in honor of W. rence who was leaving Watford take charge of his father's business in Sarnia.

Public School Board closed year with balance of \$20.89. for the year as follows:—Municipal grant \$185, Legislative grant \$13.25; total \$204.25. E. tures:—Teachers' salaries janitors \$100, clerk \$25, wood sundries \$33.26.

January 9th, 1885. Marriages—On Dec. 31, 18 Rev. J. M. Gunne, Mary E. second daughter of George Esq. of Brooke, to Mr. Paul ston.

R. J. Powell, proprietor of Inion Hotel, entertained the Rifle Club to an oyster s Watford Markets:—Wheat Barley 40c, Oats 25c, Potato Hay \$8.00, Butter 18c, Eggs Flour \$2.00.

Several citizens were taking advantage of the low New Orleans and visiting the ifion.

Not Guilty Tramp (to woman at back Lady, I lost me leg, an' I perhaps you—?) Lady—Well, I haven't got

If Allowed to Live at a Wife—This paper tells of who lives on onions alone. Hubby—Well, any one w on onions ought to live alone

It Depends "Is marriage a failure?" "You never can tell until seen the wedding presents."