

CHILDHOOD CONSTIPATION

Constipation—that disordered state of the digestive tract which is nearly always caused by improper feeding—can be readily regulated by the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative. They are easy to take and are absolutely free from injurious drugs. Concerning them Mrs. Joseph Dion, Ste. Perpetue, Que., writes:—"I have nothing but praise for Baby's Own Tablets. When my baby was three months old he was terribly constipated but the Tablets soon set him right and now at the age of fifteen months he is a big healthy boy and this good health I attribute entirely to the use of the Tablets." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Guide-Advocate

WATFORD, JANUARY 30, 1920.

WHEAT COMING DOWN?

Julius H. Barnes' warning to grain and flour dealers is somewhat technical, but it seems to mean this:—The Government wheat price guarantee will expire with the coming of the new crop. The Government grain corporation will cease to exist. Competition, speculation, the law of supply and demand will become operative once more. The state of exchange appears to indicate falling prices. Farmers foreseeing this will market the present large stocks of wheat they hold in advance of the expiration of the guarantee, if they can. It is the business of the dealers to move cautiously lest they be caught in the pinch, be ruined and the effects of their bankruptcy visited upon industry in general. Just when the farmer is considered in all this we do not see. Perhaps it is assumed that he can take care of himself. The one cheerful promise in the Barnes' statement is for the consumer, provided the miller, the baker and the retailer can control the desire to profiteer.

NOTE AND COMMENT

Food prices in Britain and the U.S. are dropping some. A drop may be expected in Canada when a few heavy fines or jail sentences are handed out to profiteers instead of an order that is side-stepped or withdrawn.

Millions of people in Europe are cold and workless because of the shortage of coal, and largely because of disputes between coal barons and miners. The war may have routed militarism and autocracy but selfishness is still in the trenches.

The statement of social service workers that not one family in ten in Toronto can afford to buy enough milk for the children is so alarming as to merit a thorough inquiry.

Hamilton Herald:—Our good neighbors across the line are generally agreed upon the claim that "America won the war." But now they are disagreeing. About half of them claim that the Democratic party won the war, and the other half are equally sure that the war was won by the Republicans.

Stratford Beacon:—The word Selah, which occurs so frequently in the Psalms, is usually believed to be a direction to the musicians who chanted the Psalms in the temple. Mattheson, the great musical critic, wrote a book on the subject, in which, after rejecting a number of theories, he came to the conclusion that it is equivalent to the modern "da capo," and is a direction that the air or song is to be repeated from the commencement to the part where the word is placed.

Brantford Expositor:—Under the present salary schedule for teachers, the premium is certainly not placed upon knowledge or study. Teachers are today drawing much less than many mechanics, spite the fact that they needed schooling from some seven to eleven years longer than the average mechanic. Their capital expenditure in maintaining themselves during the period in which they were fitting themselves for their profession, and in the expenses incurred for tuition during that period, judged by a comparison of salaries and wages, was wasted.

What is said to be another attempt on the part of the Canadian Railways to raise their freight tariffs was before the Board of Railway Commissioners on January 20th. The Canadian Freight Association, on behalf of the Grand Trunk Railway, Canadian Pacific and Canadian National Railways, applied for a postponement and reconsideration of the Board's order of August 1st, applying joint tariffs to interline traffic between points on any of the lines. The railways are submitting figures to show that their present rates are too low in view of the increasing cost of living and will in consequence ask for higher rates all round.

Ottawa Journal:—Apart from the question of whether or not reform in women's dress is desirable, it is certain that it would require a long period of preaching to bring women to change their ways in the matter, if they could ever be persuaded. Certainly Canadian women are not going to adopt a policy in dress that disregards the consideration of appearance so long as their sisters in other countries continue to do homage to fashion. And, after all, would not the cure be worse than the disease? If High School girls should adopt a standard dress, why not their mothers and sisters, too? All women then would be dressed practically alike, and presumably in garments of plain and severe style. What a drab world it would be! What a lot of the interest in life would depart! The cost of living is hard to bear, but it still leaves us much to rejoice over. Men who are arguing that relief from the cost of living must come through plainer clothes for women are wasting their effort.

KEEP HEALTHY DURING WINTER

Colds and Diseases May Be Avoided if the Blood is Kept Pure

Do not let your blood get thin this winter. For people who have a tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, and the more restricted diet, are among the many things that combine to lower the tone of the body and deplete the blood.

As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short course of treatment with Dr. Williams' Pink Pills. Do not wait until the color has entirely left your cheeks, until your lips are white and your eyes dull. It is so much easier to correct thinning of the blood in the earlier stages than later. This is well illustrated in the case of Mrs. E. Williams of Elk Lake, Ont., who says:—"I take great pleasure in letting you know the benefit I have found in the use of Dr. Williams' Pink Pills. I was in an anaemic condition, and was very weak and run down. The least exertion would leave me breathless and it was with difficulty that I did household work. I was advised to try Dr. Williams' Pink Pills, and after the use of four boxes I felt like a new person. In fact my system seemed filled with new energy and new life. I strongly recommend this medicine to all who feel weak or run down."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip or fevers. The pills are guaranteed to be free from opiates or any harmful drug and cannot injure the most delicate system.

You can procure Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

FARM FOR SALE

70 acres being the north 1/2 of Lot 10, con. 13, Brooke. Growing all done, 13 acres of wheat, good bank barn 40x60 and good frame house with cellar, good well and well fenced. For further particulars apply on the premises.

D. LUCAS,
R. R. No. 3, Watford.

Ladies' Tailoring

Now is the time for your Tailored Suit. You've been wanting a suit for some time—get in your orders. We have a fine range of serges, coatings and fine botany worsteds—correct for ladies' tailored suits.

SWIFT, SONS & CO.

Ladies' Coats

Big January Clearance

A lot of pleased people in this vicinity these past two weeks—they got such lovely coats at such a saving in price! Good range of styles and sizes from 36 to 42—also young ladies' coats, 12 to 18 years. Come this week. Months of cold weather yet to wear them.

SWIFT, SONS & CO

WANT COLUMN.

Five lines and under, 25c.
Six words average one line.
Card of Thanks 50c.

\$5 daily the year around, send for yearly contract and sample case free.—H. V. Martin, Windsor, Ontario. J20-2t

FRANK KITCHEN for sale, size 18x18, well built of first-class material. Apply to GEO. HARPER of Harper Bros.

FARM FOR SALE, lot 20, con. 2, N. E. R., Warwick, 100 acres. For particulars apply to GEO. A. SMITH, R. R. No. 4, Forest.

Farmers' Stationery of the finest quality, lower than city prices. Call and see samples and prices. THE GUIDE-ADVOCATE

FOR SALE—Good top buggy, cutter and set of driving harness; also will sell or let for the season to responsible party. Buchove Traction Ditcher. Write FRANK R. WILLIAMSON, 109 College Ave. N., Sarria. J80-4t

STORE PROPERTY on Main street, Watford, for rent, sale or exchange. Consists of property lately vacated by Farmers' Co-operative Assoc. For full particulars apply to A. J. MOFFATT, R. R. 3, Watford. J16-4t

PLEASANT HILL FARM
Breeders of high class Shorthorns
WATFORD ONTARIO

My herd is headed by the great young Red Rose Butterfly Bull "Rosebud Chief" Imported. His sire is "Nonpareil Clarence", a well-bred Nonpareil whose sire "Hean Clarence" is a full brother to "Hean Clarion" sire of the record breaking calf, bought by William Guthrie and sold by Mr. McWilliams of Garbity, Scotland, for \$16,000. His dam Rosebud, Imported, No. (1338808) is an exceptionally fine red cow. Her sire is Douglas and dam Red Rose. Have a few head for sale bred to this young bull. The fee for the service to this young bull is \$15. Write or come and see the herd.
GEO. PATTERSON, Proprietor.

ROBSON

PHOTOGRAPHER

PETROLEA ONTARIO

D. WATT

ISSUER OF MARRIAGE LICENSES

and FIRE INSURANCE.
Apply at Residence, Erie St.,
or the Post Office Watford.

ADVICE TO THE GRUMBLERS

Some people are always a-grumbling. I don't understand why this should be. For God created us all To be kind to all humanity. It seems a second nature. (This does not include us men) It belongs to the fair sex Who were always counted Gems. I have heard some people scolding. —It would almost break my heart If I was that poor fellow And had no one to take my part. So it you belong to this class of ladies, Just put your arms around him And give him a sweet squeeze. So please don't take offence At anything I've said, But still you will remember this When your poor friend is dead. —COM.

There is a Dr. Scholl's
Appliance or Remedy For Every Foot Trouble

We carry a complete stock of Dr. Scholl's Remedies and Appliances.

Arch Supports

Foot Easers

Corn and Bunion Pads

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Of all the various makes of phonographs, Victor holds supremacy—leads all others. If you are yet undecided which model you prefer, come in and select from our big range.

Victor Records

We carry a very heavy stock of Records, with a good line of new ones coming in every month. Make your selections from the Victor Catalog—if we haven't the records in stock we can procure them for you in a couple of days.

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We carry the agency in this vicinity for the Appleford Counter Counter Check Book Co., of Hamilton. This being their specialty, we are able to take to take your order at the lowest possible price and guarantee highest quality and prompt delivery. May we handle your next order?