buide-Advocate HARRIS & CO. PROPRISTORS.

WATFORD, APRIL 27, 1917 NUTE AND COMMENT

Remember this, a man can show

a heap more patriotism by waving a hoe this year than he can by flopping the flag.-Guelph Mercury.

This war is not only solidifying the British Empire, but it is drawing to gether the United States and South and Central America. The Kisser is a great unifier —Hamilton Times.

Experts express the fear that the world is about to experience a famine. Self-preservation therefore demands that everyone produce foodstuff to the limit.

Officers and men of the overseas forces and nursing sisters who have served six months, a portion of such time overseas, are to be carried on the pay roll for three months after their honorable discharge. An Order in-Council to this effect has been passed on the recommendation of the Minister of Militia.

An awkward predicament is promised for these Canadians who have gone to the United States to escape enforced military service, which was never proposed by the Canadian Government. The British Government is about to make an arrange ment with the United States whereby all British subjects there will Le conscripted and taken to England. The names and addresses of most of these men are known and as they would come under the head of British the first to be selected would probably be those who have fled from Canada of 10 slind ml

The Bruce County women have declared their independence of party politics. Pending a meeting of the provincial orginization, the sub-ex-ecutive of the W.C.T.U. of this county, at a meeting held in this own, pledged itself to support only hose candidates who will support advanced legislation for the safegnard-ing of the home. They will demand of the candidates that they work to ecure amendments that will prohibit the marriage of feeble-minded, that will provide for the appointment of women judges to deal with juvenile offenders, and for the appointment of public health nurses to the provincial board of health.

Where and How to Sleep

High-strung nerves, stomach trouble, headaches and general ill health may all result from sleeping under noer hygienic conditions, says

After you have learned to sleep in the pure air you will have fewer bodily ailments. The great sac-rifice of useful lives to tuberculosis would not occur if the sleeping rooms had the sash entirely removed, in-stead of being closed tightly.

EXTERMINATING COUCH GRASS

Experimental Farms Note When the land for the Experi-mental Station now located at Morden, Man., was purchased in 1915, it was found to be badly infested with couch grass (also called quack, twitch or quick, grass).

In an effort to exterminate this weed, sixty-five acres of that part of the farm which appeared to be the worst infested was treated as fol-OWB

About the first of June, it was ploughed four inches deep, and well harrowed. The spring tooth cultiv-ator was then used, serving to draw the roots well to the top of the ground. Next a chain harrow was employed. This implement brought all the loose grass to the surface and left it in large rolls all over the field. These rolls were then forked into heaps to dry and were burned about August 1st. Immediately after this the land

was again ploughed and again given the treatment outlined above, and was finally ploughed a third time late in the fall. In the spring of 1916, it was well harrowed then sown and cross-sown with barley at the rate of $1\frac{1}{2}$ bushels per acre each way. There was a good crop of grain and it was almost impossible to find a blade of couch grass on the whole area.

WANT COLUMN.

O. A. C. seed oats number 72, \$1.25 per bushel. — JOHN LEGGATE, Lot 18, Concession 1, Warwick. FOR SALE OR RENT-36, acres suitable for garden or pasture on the outskirts of Watford. Apply to G. CHAMBERS EST.

EGGS FOR HATCHING-from thorough-bred, Barred Rock hens. \$1.00 per sett-ing.--HUGH R. CLARK, R. No. 2, Watford. m30-4t IF THE party who took a bicycle from in from of Harper's Store one day last week does not return same immediately, steps will be taken towards prosecution.

WILLIAMSON, Watford. f9-tf

WILLIAMSON, Watford. 19-tf WORN OUT HORSES and fallen animals of any kind bought. -LETT BROS., fur ranchers, lot 18, con. 13, Brooke; Rural phone 4821. Watford P. O. Phone messages at our expense. tf FOR SALE. - Comfortable two-storey brick residence with 2¼ acres of land, situated on Wall Street, Watford. For particulars apply on the premises to JOHN RICHARDSON, or P. O. Box 319, a27-2t PRIVATE and other money, to loan on farm property. Several dwelling house properties and one business property in Watford and a few farms in this vicinity



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GUIDE-ADVOCATE, WATFORD, APRIL 27, 1917

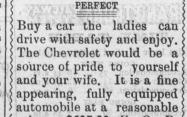
Dr. Julian Clarke in Farm and Home. It makes little difference upon what you sleep providing you are accustomed to that kind of bed and wake the next day refreshed and fit. But if you would rest well and get most out of your sleep the, body should have some preparation before retiring. Too many people tumble into bed with a body truly filthy and a skin very little more active than raw hide. The waxy material from the skin glands becomes mixed with sweat and dust during the day, and when this mixture becomes dry the pores are closed up and becomes deseased and inactive. Good health cannot continue indefinitely under these con-ditions, and if the wastes are not properly gotten rid of, the sleep will be restless and fitful. A bath of some kind will well repay the trouble not only at the time, but in helping to keep the internal organs healthy, because an active skin will do its share in clearing up the debris of the day just past. If you must keep all the other

windows closed tight, for goodness sake open the windows of the bedroom. Night air is dangerous, the way most folks shut it out of the house

There is every reason why you should keep the bedroom windows open, and except in rare instances, there is no reason why they should be closed, even in the coldest winter, If drafts from open windows a.e cbjectionable, the location of the bed should be changed.

U.fortunately houses have not been built for comfortable living. Get your windows .down from the top in the bedrooms, and nail them down so that they cannot be closed. If you cannot live in the fresh air, this world is not the place for you.

properties and one business property in Watford and a few farms in this vicinity for sale. Apply to W. E. FITZGERALD, Barrister & , Watford. NOTICE -- Any time you are ready r none 10r1 Inwood, for the purchase of Iron, Rags, Rubber, Copper, Brass, Tea Lead, Wool pickings, etc. Be sure you get the right man, my sign is on the waggon. - Louis SLOBASKY, Inwood, Ont. CARD OF THANKS-Mr. Joseph Mc-Chesney and family wish to thank their many friends and neighbors and also Arkona Lodge A. F. & A. M., for the many acts of kindness shown them in their sad bereavement, and also for the beautiful floral offerings. NOTICE Notice is hereby given that all parties dumping old cans, etc., along the high-ways of the Township of Brooke will be dealt with according to law. By order. al3-4 W. J. WEED, Clerk. ----PRACTICABLY MECHANICALLY PERFECT



appearing, fully equipped automobile at a reasonable price. **\$695.00** F. O. B. Oshawa.

R. C. McLEAY DEALER

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