

OUR BOYS IN EUROPE AND HOME PROTECTION

The men on the firing line represent the pick of our country's youth. Many were rejected because of physical deficiency. Many times the kidneys were to blame.

If we wish to prevent old age coming on too soon, or if we want to increase our chances for a long life, Dr. Pierce of the Surgical Institute, Buffalo, N. Y., says that you should drink plenty of water daily between meals. Then procure at a drug store, Anurie (double strength). This "An-uric" drives the uric acid out and cures backache and rheumatism.

If we wish to keep our kidneys in the best condition a diet of milk and vegetables, with only little meat once a day, is the most suitable. Drink plenty of pure water, take Anurie three times a day for a month.

Send Dr. Pierce 10c for trial pkg. Anurie—many times more potent than lithia, eliminates uric acid as hot water melts sugar. A short trial will convince you.

Preston, Ont.—"I am pleased to express my experience with Anurie. I have been troubled with rheumatism in right limb and hand for several years, and lately in left shoulder. The only way I could lie was on my back. I had great difficulty to sit down and more to get up. Lately I had a very severe pain in my back. I have taken Dr. Pierce's Golden Medical Discovery several times with the most satisfactory results, so I concluded to give his Anurie Tablets a trial. The pain in limb and shoulder has stopped entirely and in right hand it is very slight and getting less all the time. I can now sit or lie in any position I wish without discomfort or pain. I recommended the Anurie Tablets to two parties and they both claim decided improvement. I certainly will recommend them to any one troubled with the kidneys; there is nothing nearly so good; I tried them all."—GEORGE BOOS, cor. Duke and Waterloo.

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, MAY 10, 1918

NOTE AND COMMENT

"The need of food on the other side is greater than ever; the need of economy on this continent is greater than ever."—Mr. Herbert Hoover.

Australian women are offering to enlist to go to the front. If they are aware of the fate of the Russian women in the Battalions of death at the hands of the Germans they have plenty of courage.

If soldiers are willing to serve in the trenches, to dig ditches, build railways, and risk their lives, many civilians can well afford to spare a part of their time to serve in the furrows and in the harvest fields.

Sir William James Bull has given notice that he will submit to the British House of Commons a resolution to extend the Military Service Act to all unmarried women between the ages of 19 and 30 for work of national importance. Sir William is Unionist member for Hammersmith.

To assist the United States soldiers to learn French and at the same time, make reading the Bible more interesting, the Bible Society has issued a special pocket edition of the Gospel of St. Mark, containing the Gospel in French on one page and its counterpart in English on the opposite page.

Newspaper publishers are asked to do what is asked of no other calling. They are expected to give twice; as individuals to the various subscription list for patriotic purposes which are presented to them, and as publishers by giving away that which is to them the chief support of the business they conduct. Journalists are willing to bear their fair share of the common sacrifice, but they do not expect that they alone should be asked to make a double sacrifice. —Brantford Expositor.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in the country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send for testimonials, free. F. J. CHENNY & CO., Proprs., Toledo, O. All Druggists, 75c.

Hall's Family Pills for constipation. One kind of hypocrite is the man after thanking the Lord for his dinner, proceeds to find fault with the cook.

The Honor of Sacrifice

From Francis Bears the Burden.

Everywhere the maimed poilu goes back to his old work in a new way or learns a new work, so he may make his living. That is the strongest impression you carry away with you from one of the workshops for the wounded, the will to work. Just because a man has lost his leg, his arm or his fingers, he does not think he is entitled to be supported by the nation for the rest of his life.

Old Papa Gaston, whom I sometimes meet in a certain cafe across the Avenue D'Antin from the Grand Palace, where unless you wear a soiled uniform and are short an arm or a leg, you are distinctly an outsider, put the French idea of pensions before me very succinctly. I had tried to give him some notion of the American pension system.

He listened till I had finished, then exclaimed: "But where is the glory of fighting for your country if you do it for a life of ease and doing nothing ever after? If a man gives his life for his country, well, let his country look out for the wife and the children. That is fair. But the man who gives a leg, an arm, a hand—bah? what is that but honor? He loves his country all the better since he has proved his love—it is like that with people. And where is the honor if every week you get so many cents to pay for the leg, arm or hand that has long since ceased even to be fertilizer?"

Gaston, who was so old-fashioned that he wore the primitive hook, waved it to emphasize his words.

"All the money in the treasury could not have brought that hand from me in peace time," he said, "but in war I am honored to give, give it to my country."

"Ten Ways to Conserve"

The following "Ten ways to conserve" are suggested by the staff of Macdonald College:

- 1—Cut the bread at the table and as required.
- 2—Save the crumbs from the bread board. You will be surprised to see how many there are.
- 3—Take a little less butter than you think you will need. It will probably be the right amount.
- 4—Eat one more potato, and one less slice of bread.
- 5—Eat one more spoonful of porridge and half a slice less of toast.
- 6—If you need (?) sugar in tea or coffee take what is required to sweeten it. Do not leave a teaspoonful in the bottom of your cup.
- 7—Fat is scarce today. Do not leave the soap lying in water.
- 8—Do not eat more than you need. Eat what you require, you will feel better and do better work.
- 9—Leave a clean plate.
- 10—Eat slowly. Food well masticated supplies more nourishment to the body, consequently less food is required.

Add one of these suggestions to the various ways you have of conserving. Never lose sight of the fact that it is the individual who must save the situation.

Glossyism in Canada

"ARE YOU a Glossy? And do you move in Glossy society? asks Dorothy Parker in Vanity Fair, who says 'the spread of Glossyism in Canada and the United States during the last 10 years has been simply astounding.'"

"A Glossy is any person who is just a little more refined than is really necessary. The Glossies derive their name from the fact that their manners, morals, speech, shoes and finger nails are just a little too polished. They venture a step farther than anyone else along the narrow path of etiquette; they are just a trifle more punctilious than anyone has to be. They are full of superfluous little niceties, little elegancies of dress and manner and intercourse that separate them from the cruder herd. They are more than refined—oh, much more. They are genteel. The respectability of the Glossies is puncture proof and non-skid. With that remarkable far-sightedness of the spotless they can discern bad in practically everything. They are, like Caesar's wife, full of suspicion."

One of the commonest complaints of infants is worms, and the most effective application for them is Mother Graves' Worm Exterminator.

SEVEN MORE V.C.'S.

Brave Lads From the Dominion Receive Great Honor.

The heroic deeds of Canadians in the recent fighting on the western front was described during the King's award of Victoria Crosses to seven Canadians, out of 18, decorated recently.

How Capt. J. O'Kelly advanced his command at 1,000 yards after the original attack failed, took two enemy positions on the crest of the hill under heavy fire, and then personally organized and led attacks against "pill boxes," capturing six with 100 prisoners and ten machine guns, was graphically gazed.

Another hero was Corp. Colin Barron, who, single-handed, rushed enemy guns, killed four of the crews, and captured the others, and then turned the captured guns on the retreating enemy, causing severe casualties.

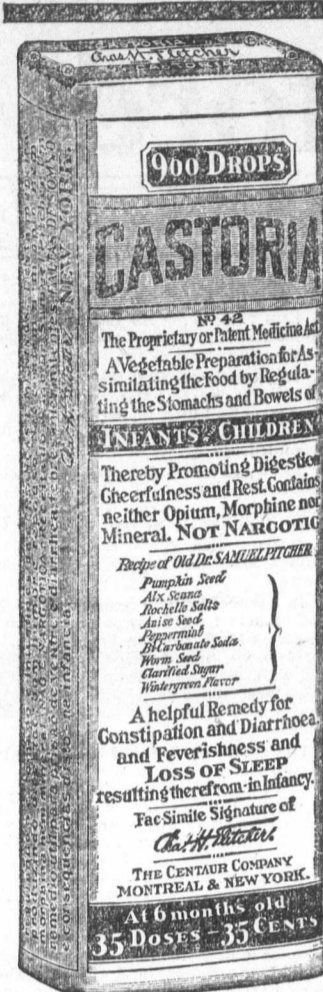
Sergt. George H. Mullin captured a "pill-box" single-handed, destroyed the garrison with bombs, and, crawling on a "pill-box," shot two gunners with his revolver. Mullin's clothes were riddled with bullets from the rapid-fire guns directed against him, but he did not falter.

Other heroes, equally daring, charged "pill boxes," killed, captured, or silenced the enemy, and cleared the way for the advance of troops and saved the lives of many of their comrades. They are Capt. George R. Parkes, and Pte. Thos. W. Holmes, Cecil J. Kinross and James P. Robertson.

The accounts of the deeds for which the Victoria Cross was awarded embrace events which must have been as thrilling as any during the war. Capt. Robert Gee, of the Royal Fusiliers, when the enemy pierced the British lines and captured brigade headquarters and an ammunition dump, finding himself a prisoner, killed one of the enemy with a spiked stick and succeeded in escaping.

He then organized a party of the brigade staff, with which he attacked the enemy, clearing the locality. After establishing a defensive flank, Gee, with a revolver in each hand, rushed and captured an enemy machine gun, killing eight members of its crew.

Sergt. C. E. S. Packman, of the Border Regiment, and Corp. R. McBeath, of the Seaforth Highlanders, also were awarded the Victoria Cross for capturing an officer and thirty men who had taken refuge in a dug-out.



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Mothers Know That Genuine Castoria

Always Bears the Signature

of *Chas. H. Stecher*

In Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Time is money to the man who has a government contract.

There's a lot of morning insomnia in one little innocent fly.

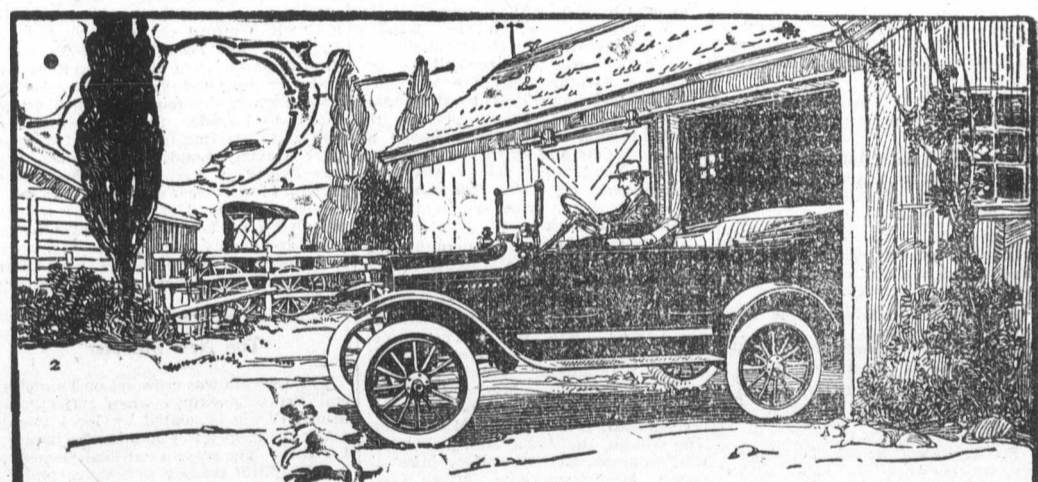
It's less credit to a man to be good if his income exceeds his wants.

Good intentions would be worth more if a man could get them cashed.

Good breeding keeps a woman from eating as much dinner as she wants.

One touch of nature makes the whole world kin and two touches indicate an easy mark.

Kicking a man after he is down is one way of making him get up—but it isn't always safe to do it.



Replace Your Buggy With a Ford

MORE than 100,000 Fords are owned by people in Canada in preference to the old horse-drawn buggy and other makes of cars.

Your neighbors, and farmers in every section of the Dominion are abandoning their old buggies—selling their driving horses and buying Fords.

Ford cars are utility cars. They are built to endure the strain of constant daily use over rough roads.

These are the tests every farmer gives his car. The Ford meets them in a satisfactory manner. It is the farmer's car, so why not replace your horse and buggy with a Ford?



THE UNIVERSAL CAR

F. O. B. FORD, ONT.

Touring	\$525
Runabout	\$575
Coupe	\$770
Sedan	\$970
Chassis	\$835
One-ton Truck	\$750

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