

dependence

all of us at one time or

ing bank account, is
slings and arrows of

very man to lay aside
vitable rainy day.

Account today—and
p along the road to

ITS BANK

Established 1884.

F. A. MacLEAN, Manager.

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Tired, Nervous Housewife Took Vinol

Now She is Strong and Well

Berkeley, Cal.—"I was nervous, irritable, no appetite, could not sleep, and was always tired, so my housework was a great effort. After many other medicines had failed Vinol built me up and made me strong. I have a good appetite and sleep well. Every nervous, weak, ailing woman should try it."—Mrs. N. Edmunds, 2107 Dwight Way, Berkeley, Cal.

We ask every nervous, weak, run-down, ailing woman in this town to try this cod liver and iron tonic on our guarantee to return their money if it fails to help them.

TAYLOR & SON, DRUGGISTS.

INSURANCE

J. H. HUME.

AGENT FOR
FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.
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Five Old and Reliable Fire Insurance Companies
If you want your property insured, call on J. H. HUME and get his rates.
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P. R. Telegraph and Canada Permanent Loan and Saving Co.
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GOOD WORK
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Why Not Now?

YOU have always promised yourself that you were going to try our Bread. Why not NOW? Just get one loaf for a trial and note the flavor. You will be a steady customer ever after.

Lovell's Bakery

Canada Food Board
License No. 5-1784.

Adjusted by a strap, controlled opening in the back, a cap has been invented that fits heads of all sizes.

Sweet and palatable, Mother Graves' Worm exterminator is acceptable to children, and it does its work surely and promptly.

FARMING IN FRANCE

HOW IT LOOKS TO CANADIAN AGRICULTURIST.

Soldier Who Was Formerly an Expert In Such Matters Tells His Impression of the French Methods—Orchards Destroyed by the Hun Invaders Are Very Sad Sight.

ONE of the best accounts of agriculture, as practiced in the vicinity of the fighting front in France, is given by A. B. Cutting, formerly an editor of several Toronto agricultural periodicals, who enlisted with a Canadian battalion at Winnipeg, and, as Sergt. Cutting, saw considerable service with the colors. His article appears in a recent number of "The Farmer," St. Paul, of which his brother, M. C. Cutting, an Ontario College graduate, is an associate editor. Sergt. A. B. Cutting, who is also a graduate of the O. A. C., is now lecturing on horticulture in the Khaki University.

The following are extracts from Sergt. Cutting's article, which is under the heading, "Agriculture in and Near No Man's Land":
"The agriculture of No Man's Land is mostly non-existent. By 'No Man's Land' I refer to all France that has been the scene of battle. Every foot of such land has been a No Man's Land at one time or another.

"Farming was carried on there in some sections that remained quiet long enough for preparing the soil and sowing the seed, but the swaying of offensives from March to September so trampled under foot or 'blew to smithereens' the promise of crops that the harvest was infinitesimal, compared with what might have been. Sufficient was salvaged, however, to make the work of harvesting worth while. Everyone knows which side did the harvesting after the middle of July!

"To agriculture in No Man's Land the 'unkindest cut of all' is the wanton destruction of orchards everywhere that the Hun has been. Nearly every tree not ruined already by shell fire has been felled or irreparably damaged by axe or saw. To me these orchards are among the saddest sights of the battlefields.

"In definite and delightful contrast to the desolation of No Man's Land lie the fields of France behind the lines. Every effort to make increased production help to win the war is being put forth by the people. And the wonder of it all is, to me, how they manage to till such large areas and produce the fine-qualified, heavy crops that they do by the practice of almost primitive methods—practices and implements like those of pioneer days in America—even on their poorest land, clayey, shaley, some of it half chalk. Everything is done intensively, to be sure; extensive farming, as known in America, is not practiced. Farming methods in central and southern France are more modern, I am told. I write here only what I have actually seen in the northern and northwestern parts of the country.

"Three things attract the eye forcibly when viewing the farming landscapes outside the villages. First is the terraced hillsides. Apparently, the Frenchman does not like working up and down hills, even moderate slopes. Instead, by terracing, which must be a long, laborious job, he turns the hillside into a series of level fields that look like broad steps ascending from earth to sky-line. Even if the farmer does not cultivate the rises of the steps, he has increased the surface area of his farm. Make a drawing and figure it out! Note that I did not say 'tillable' area! Most farmers, however, do cultivate the rises as well as the treads, wherever practicable.

"The second thing that attracts specially is the 'patch work' appearance of the farms. A number of various sized, shaped and colored little plots, all unfenced, appear sewn (not sown) together into a gigantic crazy quilt. The scenic effect is pleasing; but one cannot help wondering if the practical effect on production and one pocket-book of having, say, a half-dozen one or two-acre patches of wheat separated by a similar number of like areas of potatoes or barley or rye on the same farm, is satisfactory.

"Very few modern implements are used. I have seen a few antiquated reapers and binders, and a mower or two, but these are exceptions. It may be that better kinds of implements were used before the war than are in use to-day. Better kinds surely will be used after the war, if the people heed the demonstrations of efficiency given by agricultural implements imported from the United States and Canada into France by military authority for purposes connected with the war.

"One thing among the many that the French farmer does know is that land will not produce good crops year after year without being fertilized. Every pound of manure that his stables produce and that he can beg or buy (in trade) goes on the land. None is wasted, except by exposure and leaching in barnyards.

"Among the interesting sights of the harvest field are clover in cocks so small that a child could lift one; hay of all kinds in cocks tied with songs at the top; grain in shocks

much larger than those in America; and hay, straw and unthreshed grain in symmetrical, many-shaped stacks, of which the French and also the English and Scottish farmers are master builders.

"Every farmer seems to have plenty of horses, such as they are. All the good horses in the country have been commandeered for army purposes, except a number of pure-breeds left in selected localities for breeding. Those left for working the farms are mostly the unis. The predominating type is heavy draught, showing Percheron blood, mostly grey in color, massive in bone and conformation, and poor in quality.

"I hoped to see the kind of stallions that were offered for service throughout the country, but managed to see only two, both of which would be disqualified in an American show ring for sheer audacity alone. Let us consider them exceptions, which probably they were. Most farmers have at least one or two mares of good breeding qualities even though they may be old and blighted.

There are also lots of really good colts, too young as yet for work either on the farm or at the front. "Cattle in this part of the country are all red in color. While I have been in France, at rest or training in various villages, and on the move in train or bus or on foot over many miles of farming country, I have seen no more than a dozen head of cattle that were other than red in color. This characteristic, coupled with comparison with breeds that I know or have read about, makes me think that these cattle originated in Normandy. I have asked a dozen farmers, by means of my 'pidgin' French or through interpreters, what breed their cows were, and not one could tell me. To them they were 'just cows.' At any rate, they are good general purpose cattle for general purpose farmers.

"The cows are milked very early in the morning and often not again until about nine o'clock at night. Some farmers milk three times a day. English and Scottish soldiers can buy this milk at eight or ten cents a quart, even less sometimes; but the Canadians and the Yanks, all of whom are considered millionaires by most peasants, are honored with a special price that ranges anywhere from twelve to twenty cents, according to the man, the maid and the moment.

"Goats are also raised extensively for milk, meat and work. Of sheep and swine, I can say very little. The few of the former that I have seen were poor specimens, and the many of the latter were worse. There are lots of good live stock in France, pure-bred and grade, but that kind is not prevalent in districts near the war zone.

"Poultry are plentiful. Every village housewife keeps a large flock of hens, usually scrubs, to which she attends with great care and solicitude.

EVER READY.

Canada Came Through the War Gloriously and Safely.

Conditions obtaining in Canada before the outbreak of war in 1914 were such as to make it harder for the public in general to stand the test and strain for the four years of trial to come.

We were a peace-loving people inured to the softer experiences and comforts of life. Thrift, for instance, was not an outstanding characteristic of Canadians. Interest in public affairs, as was shown always on election days, was confined to a small minority.

Practically nothing had been done or had happened to prepare us for war.

And yet, Canada came through the war gloriously and safely, with cruel losses of men, but without the distress at home that might have been expected from the unreadiness of 1914.

Five years after 1914, we come face to face with the tasks, problems and duties of reconstruction. Without minimizing their magnitude, it may be affirmed confidently that we are better prepared for reconstruction than we were for war.

If our war service has been successful, then, why should we not triumph in the contests of peace?

Canadians come up to peace with a very remarkable training in steadiness, thoroughness and thrift.

Those returned soldiers appearing here in new crowds daily represent the stuff of victory over the Hun.

Every officer noted on the streets has undergone severe, exact and methodical training.

All the people of Canada have had good reason to learn something of value to the country since July, 1914.

War has prepared us for reconstruction infinitely better than peace prepared us for war.

The new era opens to find Canada steady and with good courage.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Chas. H. Fletcher*

Lazy tong braces at the ends and underneath feature a new metal bedstead that folds very compactly.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

The Remedy.

Discussing the influenza epidemic and the many so-called influenza cures, a well-known authority says: "Isolation, warmth and perfect care are the only treatment. The so-called cures remind me of a story about a grocer. To this grocer a patron brought back a pound of butter.

"I want to complain about this butter. It's awful," the patron said. "The grocer sniffed it. 'Smells sweet enough to me,' he observed. "But it's full of hair," said the patron. "I counted eight or nine hairs in it. Yes, sir, this butter's full of hair, and I want to know what you're going to do about it."

"Why, make it right, of course," said the grocer genially, and he reached up and took a tiny packet from a shelf. Here's a packet of hairpins. You can pin it back with 'em as you go along."

Greetings From the King.

The following cablegram was sent by his Excellency the Governor-General to his Majesty the King: "I respectfully desire to convey to your Majesty the best wishes of the Government and people of Canada for the New Year."

His Majesty replied as follows: "I am much gratified at the good wishes which you have conveyed to me on behalf of the Government and people of Canada. In thanking them I welcome this occasion when our hearts are full of hope and expectation to assure them once more of my deep and abiding interest in their great country and of my wish for their ever-increasing happiness and prosperity."

Canadian Ships.

Some 360 ships were constructed in Canada for Canadian registry during the period of the war to the end of November. Of the number 199 were sailing vessels aggregating 44,135 gross tons and 160 were steamships totalling 69,612 tons. In addition, 22 ships were built through the Imperial Munitions Board for the British Government. Of the number there were 15 each of 1,440 net tons and seven each of 2,600 net tons.

A Lightning Flash.

An eminent electrician has figured out the horsepower of a lightning flash. The amount of light given by a single lightning flash is sufficient to illuminate an area two miles square, with an average illumination of one candle. To produce such an illumination, he estimates, the expenditure of 13,000-horsepower for one second would be required.

Ottawa's Fire Losses.

The annual report of Fire Chief Graham shows that the losses in the last year from fires in Ottawa amounted to \$250,000 for 482 alarms. This is the second lowest loss in several years and is less than half the loss of 1917, which was \$507,483.

In its natural state the alligator

eats little or nothing from September to May.

Now is the Time

to secure your

Mason & Risch Piano

It is not necessary for us to go into detail to explain the merits of this world-famous Piano. You know as well as we do that the Mason & Risch has held the standard in Canada for so many years.

That's why we sell the Mason & Risch—and we're certainly selling them, too!

If you are thinking of a piano come in and see our models—and you will let us put a Mason & Risch in your home.

"The Piano with a Soul"

HARPER BROS. Watford

Miller's Worm Powders, being in demand everywhere, can be got at any chemist's or drug shop, at very small cost. They are a standard remedy for Worm troubles and can be fully relied upon to expel worms from the system and abate the sufferings that worms cause. There are many mothers that rejoice that they found available so effective a remedy for the relief of their children.