



Thorough mixing is what makes cake delicate and tender

## Lantic Sugar

makes the best cake because it creams quickly and thoroughly with the butter which is the hardest part of the mixing. Its purity and extra "fine" granulation make it dissolve at once.

2 and 5-lb. Cartons  
10 and 20-lb. Bags

"The All-Purpose Sugar"

## Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY  
Subscription \$1.50 per annum in advance, \$2.00 in advance to the United States.

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YEARLY CONTRACT  
1500 inches 8 cents per inch.  
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500 inches 10 cents per inch.  
Short periods 12 cents per running inch.  
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HARRIS & CO.  
PROPRIETORS

## Guide-Advocate

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WATFORD, FEBRUARY 16, 1917

### War Saving Certificate

The new War Savings Certificates which have been created by the Government to encourage thrift and economy and to give everyone an opportunity to assist in financing our expenditure, are now on sale at every bank and money order post office in Canada. The \$25 certificate sells for \$21.50, the \$50 for \$43, and the \$100 for \$86.  
As an investment these certificates offer many attractive features—chief of which are absolute security and the excellent interest return. For every \$21.50 lent to the Government now, \$25 will be returned at the end of three years.  
There are two other features which are especially interesting to small investors. First, the certificates may be surrendered at any time, if the buyer should need his money; and second, each certificate is registered at Ottawa in the buyer's name and, if lost or stolen, is therefore valueless to any one else.  
But while they are excellent from an investment standpoint, the certificates should appeal strongly to Canadians because they offer to those who must serve at home a splendid opportunity for a most important patriotic service. The person who honestly saves to the extent of his ability and places his savings at the disposal of the Government by purchasing these certificates, may feel that he is having a direct share in feeding, equipping, and munitioning our Canadian soldiers, who are so nobly doing their part.

## SEVERE BRONCHIAL COLD

### Yields To Delicious Vinol

Philadelphia, Pa.—"Last fall I was troubled with a very severe bronchial cold, headaches, backache, and sick to my stomach. I was so bad I became alarmed and tried several medicines, also a doctor, but did not get any relief. A friend asked me to try Vinol and it brought the relief which I craved, so now I am enjoying perfect health."  
JACK O. SINGLETON.  
We guarantee Vinol for chronic coughs, colds and bronchitis.  
Taylor & Son, druggists, Watford, Ont., also at all the best druggists in all Ontario towns.

fications should appeal strongly to Canadians because they offer to those who must serve at home a splendid opportunity for a most important patriotic service. The person who honestly saves to the extent of his ability and places his savings at the disposal of the Government by purchasing these certificates, may feel that he is having a direct share in feeding, equipping, and munitioning our Canadian soldiers, who are so nobly doing their part.

### NOTE AND COMMENT

According to a report made to the Trade and Commerce Department by Canadian Trade Commissioner Johnston, of Bristol, there is an opportunity for Canadians to do a profitable trade in growing sunflowers. There is a big demand for sunflower seed in England, where it is worth about one hundred dollars a ton, which is about five cents a pound, delivered. In the past sunflower seeds have been bought for seed purposes to feed poultry, but large quantities are now crushed in order to extract the oil, which is used in the manufacture of margarine or artificial butter. Mr. Johnston states that a large number of people in Great Britain are using it instead of butter, which is scarce and high priced. He says there is unlimited opportunity to do a large business in sunflower seeds. Mr. Johnston further reports scarcity in England of canary seed, hemp seed and millet seed, owing to war conditions and the shutting off of previous sources of supply. Prices are high, and there is an opportunity for the economic growth of these seeds in Canada.

### To Test Your Own Seed

In the Seed Laboratory grain is tested to determine the percentage of vital seeds by placing one hundred kernels between blotters, keeping them at a suitable temperature and supplied with the proper amount of moisture in a special germinating chamber. The results of such a test show what proportion of the seeds are vital, but a more accurate idea of the value of the grain for seed could be gained from a soil test. Such tests are not practicable in a laboratory where thousands of samples are under test at one time.

Any one can test seed for himself by putting one hundred seeds taken "just as they come" from the grain he wishes to test, in soil in a flower pot, box or other convenient receptacle, and keeping it moistened, but not wet, in some place where it will not be too warm in the day time, and where it will be cooler, but will not freeze, at night; the alternation of temperature favors germination. By noticing the number of plants produced, whether they come up quickly and are strong or weak, one can determine the suitability of the grain for seeding purposes more accurately than from the results of a test which he does not see. If seed that is known to be of strong vitality can be planted under exactly the same conditions as the seed whose vitality is being determined, the test will be more valuable.

Cleaning grain over a good fanning mill to remove from one-third to one-half of the bulk including all the light, shrunken and immature seeds, will greatly improve its quality as seed.—Seed Branch Ottawa.

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

### The Nearest

From London Ideas.  
The four mud-stained privates had come into possession of a mouth organ by means unknown to all except one rather sore Hun prisoner.  
"Oo'ster have the bloomin' thing?" wailed Private Ebenezzer Moggs (surnamed the Swiper).  
"Blimey! I know!" roared another of the mud-stained combatants. Let the Swiper play somethin' on it, and the one 'oo guesses wot the chune is tosses up between the Swiper an' 'imself."  
It was done. The Swiper trilled up and down the scale until the Germans opposite asked Mr. Wilson to send the British government a note about it.  
"Well?" queried the musician, when he had finished.  
One private suggested: Beer, Beer, Glorious Beer. But the Swiper shook his head.  
"No," he said, "that's not it, but you are the nearest, and so you wins. The chune was 'As Pants the 'Art for Coolin' Streams."  
There may be other corn curia, but Holloway's Corn Cure stands at the head of the list so far as results are concerned.

### A RIDE ON THE PILOT.

It Was Too Exciting a Railroad Trip to Be Repeated.

An eastern man was riding by rail through the Rocky mountains. A friend had told him about riding on the pilot of the engine through some grand mountain scenery, and the easterner was eager to have the same experience. At the first opportunity, therefore, he asked the conductor whether his friends and he could ride on the front of the engine. The conductor very promptly said they could not. Nothing but a permit from the superintendent of the line would entitle any one to such a privilege. As the superintendent was a thousand miles away, it seemed a hopeless case. The easterner spoke of his disappointment to the Pullman conductor, who told him that perhaps the affair could be managed after all. Through his diplomacy it was arranged somehow or other, and at the next station four of the party, including two ladies, took their places on the pilot.

The scenery was some of the grandest in the new world, but the easterner could not enjoy it. The two slender rails in front held his gaze with a sort of horrible spell. He could not look away from them. He felt almost the same sense of insecurity and terror that a man would feel if he were suddenly whirled off into infinite space.

Suddenly, as the train rounded a curve, he saw a hand car on the track ahead. His companions saw it at the same instant. A man stood beside it and was making desperate efforts to remove it from the rails. He got the wheels off; then, as the engine bore down upon him, he fled.

The engineer did not see the hand car at once, he was at the moment looking at his gauges. When he did see it it was too late for him to check the speed of the train. He could only look on.

The hand car was on the side of the track nearest the man from the east. He had an awful half minute. He rose to his feet, not knowing what he did, and leaned far over in front of the others. His eyes were riveted upon the hand car. He saw nothing, realized nothing except its approach.

The engine struck the hand car with terrific force, and the pilot lifted it from the rails. It rolled up, ground against the very place where the easterner had been sitting, plowed a deep groove in the ironwork and then toppled over at the side of the track.

The frightened engineer set the brakes and brought the train to a standstill. Not one of the party was even touched, but they had had enough riding on the pilot. And, indeed, it was the end of such riding for others. From that time all such trips were strictly forbidden.

It was two years before the man from the east could see a hand car even standing harmlessly beside a railway track without turning faint and dizzy.—Youth's Companion.

One teaspoonful of baking powder is equivalent to one teaspoon cream of tartar and half teaspoon soda.

Help for Asthma.—Neglect gives asthma a great advantage. The trouble, once it has secured a foothold, fastens its grip on the bronchial passage tenaciously. Dr. J. D. Kellogg's Asthma Remedy is daily curing cases of asthma of long standing. Years of suffering, however, might have been prevented had the remedy been used when the trouble was in its first stages. Do not neglect asthma, but use this preparation at once.

## A. D. HONE

Painter and Decorator

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GOOD WORK  
PROMPT ATTENTION  
REASONABLE PRICES  
SATISFACTION GUARANTEED  
ESTIMATES FURNISHED  
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STRAITFORD, ONT.  
ONTARIO'S BEST BUSINESS COLLEGE

STUDENTS may enter our classes at any time. Commence your course now and be qualified for a position by Midsummer. During July and August of last year we received calls for OVER 200 OFFICE ASSISTANTS we could not supply. Our graduates are in demand. Write at once for our free catalogue.

D. A. McLachlan : Principal.

MAKE YOUR DOLLARS FIGHT AT THE FRONT.

BUY DOMINION OF CANADA THREE-YEAR WAR SAVINGS CERTIFICATES

\$ 25.00 FOR	\$21.50
50.00 "	43.00
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INDIVIDUAL PURCHASES LIMITED TO \$1500.

FOR FULL PARTICULARS APPLY AT ANY BANK OR ANY MONEY ORDER POST OFFICE

JAN. 9, 1917

FINANCE DEPARTMENT OTTAWA

See Our Furniture First

You need not buy because you come here to look. We are quite content to leave it to your own good taste. We are anxious however that you do not commit yourself to the purchase of furniture, until you have seen what this store is offering and you have no idea unless you have been here very lately. Let us figure on your furniture outfit. Perhaps we can save you money. It will cost you nothing to see anyway, visitors always welcome

MASON & RISCH PIANOS

Agents for Mason & Risch Pianos, Gramophones, String Instruments, Sheet Music, Edison Records, &c., and all kinds of repairs. New and second hand sewing machines and all supplies.

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

PHONE 39

PREPARE IN TIME

THIS month is not the month for building—but it is the time to get ready. Come into our office—it is nice and comfortable—and let's talk it over. It costs money to talk to lawyers, but it costs nothing to talk to us.

\$ \$ WE SAVE YOU \$ \$

Our PLANING MILL is modern—right up to the minute. We have spent no end of money to give you the best.

Tie up to the WATFORD PLANING MILLS

CHOPPING AND ELECTRIC LIGHT

Established 1870. G. CHAMBERS EST.

Grude-Advocate Want Ads. Get Quick Results

From there is no heating as herbal hair draws out swelling, used Zam-i of winter a

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DON'T B BEEN TRI you are just counting y can't afford your fuel an amount,

Fleischma Extract—Le Pure Salt an ents are bo class bread,

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Heach you the business can not fail, i tions, and y fitable busin quired to sta fied and wan will write Address

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