

## Guide-Advocate.

Watford, Ont.

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HARRIS & CO.  
 PROPRIETORS

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WATFORD, AUG. 3, 1906.

### Health in Warm Weather.

Not much meat should be eaten in hot weather; less food of any sort is needed than in winter. Food has two functions: As fuel to sustain heat; as energy to move the muscles. The one need is almost wholly and the other largely suspended in July. Alcoholic drinks are doubly dangerous in hot weather. Iced weak tea is an excellent drink if one dips out the ice and throws it away, allowing the liquid to lose its chill. Iced water in families should be prepared by setting sealed jars of water in the refrigerator at a distance from the ice, never by putting cracked ice in the goblets. A temperature of 42 degrees is low enough for drinking water. Extreme fatigue should be avoided, but it is not true that "it doesn't pay to get heated up going out of town." Even if one must return to broiling heat, a few hours at the seaside assist the body to regain its tone. Young children, who both become ill and recover more quickly than adults, are often literally saved from death by a single day in cool air. There is no better way of heightening the peace of mind which is favorable to health in July than to aid the charitable in sending ailing babies to the seashore.—New York World.

### Get Ready.

Two or three months more and the gates will be open for our fall fairs. The time in which to prepare is none too much for any man who desires to win a prize or attract public attention. The whole problem of successful competition hinges first on breeding but chiefly on preparation. No man deserves to win who takes his stock directly from the pasture to the show ring. No judge can figure an animal on what it may be some other time, but must credit it for what it is when brought before him. It pays in dollars and cents, it pays in honors won, but most of all does it show the stock in good condition and educated enough to do what is required promptly, gracefully and with good temper. The subject is of too much importance to permit of neglect, and now is the time to commence preparations.

### The Latest Swindle.

Our readers should keep their weather eye open for fakirs and swindlers; they are numerous and work every scheme to catch people. The latest swindle, worked by a sharper in one of the cities recently, is an apt illustration of the ability of these deadbeat fakirs to catch not only the ignorant but all others who are not

## Is It Your Own Hair?

Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! Use this splendid hair-food, stop your falling hair, and get rid of your dandruff.

The best kind of a testimonial—  
 "Sold for over sixty years."  
 Made by J. C. Ayer & Co., Lowell, Mass.  
 Also manufacturers of  
 Sarsaparilla,  
 Pills,  
 Cherry Pectoral.

constantly on the guard. This swindler walked into a jewelry store and selecting a \$125 watch left a cheque for \$600 drawn on an out-of-town bank, with instructions that the watch be regulated and that he would come after it and his change a week later. On returning he was informed that the cheque was no good. "Well that's strange," he said, "it's the second time the bank has done that thing on me. But here's the money for your watch," and he counted out \$125 in currency and started for the door. Oh, yes," he said turning round, "you'd better give me that cheque." It was willingly handed over to him. On the brick was the jeweler's endorsement. With this the man went into a bank, got it cashed and was never heard of afterwards.

### When Seven Men Die.

You know at least one of them has consumption. At first it was only catarrh—but it was neglected. When "Catarrh" cures so quickly its foolish to suffer—it's a shame to keep on sniffing and hawking. Catarrh goes direct to the cause of the disease,—that's why it's so dead certain to cure. It stops the cough, prevents that disgusting discharge, clears phlegm out of the throat in five minutes. Very pleasant and safe too; get Catarrh gone from your druggist to-day.

### Curious Fear of Fresh Air.

People who were born and bred in the country and who still live there are as a rule curiously afraid of fresh air. From their living rooms, especially the "parlor," they rigidly exclude every approach of outdoor air except at housecleaning time, and they are more cautious still as to sleeping rooms. The farmers, in spite of their outdoor employment, suffer not a little from consumption. It seems a pity when these country dwellers might have their lungs filled with pure, fresh air day and night, sleeping or walking, that the poisoned air they breathe at night should be allowed to offset the good effects obtained through the day's work in the field. If the enlightened visitors, paying guests and summer boarders who have learned that one's manner of life rather than one's place of living may be depended upon to prevent consumption would but circulate their knowledge in a practical way in country places their vacations would accomplish something besides a refreshing of their own health.—Boston Transcript.

### Hogs Are High.

The eight dollar notch in the price for prime quality Ontario bacon hogs has been reached. Judging from the light deliveries as well as from the reports of drovers all over Ontario of the scarcity of finished select bacon hogs, the probabilities are that the high price limit has not been reached. It looks as though the farmer who has been dictating terms to the packer for several months past is still in a position to exact still higher prices, and will yet obtain as high as \$8 at the farm.

The present prices are undoubtedly high, but when all the circumstances are considered, they are quite legitimate. Home consumption has more than doubled in the last five years. The cellars of the Canadian packers are not overburdened with hog products. The farmers who were in the habit of having not only a supply for themselves as well as to spare, are buying what they now consume from the packer. Not one farmer in ten that once had hams and shoulders as well as sides to sell has enough for his own use, but is depending on the beef ring for his weekly supply of meat, having been tempted by the high hog prices to part with even the annual farm supply of bacon. Increased consumption at home and abroad is increasing the demand. Thousands of emigrants in New Ontario as well as the Northwest buy bacon to carry them on till they can produce their own. The lumber and mining camps, although using more fresh beef in the past, still consume a large amount. And as these industries are increasing still more bacon will be needed. Packers are looking forward to the time when this season's crop of hogs shall be marketed and expecting that it will be much larger than last year's, but it is doubtful if their expectations will be realized. More farmers grow hogs on account of the low prices paid them during the season's of 1904 and 1905 than have gone into raising hogs for the past five years.

After the high prices on the hog market for the past six or eight months it would be quite natural to expect a large increase, but it is quite evident that the increase is not at all equal to the consumption. It will take two or three years for the production to be-

come equal to the consumption, and the farmer will for some time to come be master of the situation. It costs more to raise hogs than it did a few years ago; farm values, farm labor and feed are all higher. The day is past for cheap hogs.—Toronto World.

### ENGLAND'S BEST RAM.

Purchased to Go to Brazil at a cost of £1522

The highest price ever paid in England for a ram was realized at Grimsby, the occasion being the annual sale of cattle and sheep bred by Henry Dudding of Ribby Grove. The ram was the shearing Ribby, a Derby champion and the winner of the first prize at the Royal show at Derby this year.

Mr. Miller, of Birkerhead, bought the ram for a Buenos Ayres breeder for £1522 10s. The highest previous price for a ram was £1000, also paid at Ribby Grove. Mr. Miller and Mr. Cascard paid £380 and £530 respectively for other rams that will be sent to Buenos Ayres.

Other notable sales of the day included £1000 for Prince Alastair, a roan bull, bought by Mr. Pearson for South America. Thirty-six cows sold for more than £3000, 15 bulls for £2000, and 23 ewes for £387. The total sales amounted to £13,000.

### Canadian Held Up.

Port Haron, Mich., July 27th.—Wm. Hills, of Collingwood, Ont., was held up and robbed of a suit of clothes and a watch chain and a sum of money here yesterday morning. Five men were implicated. Two of the party, mere boys, both from Detroit, were apprehended, pleaded not guilty, and were held to the Circuit Court on a charge of highway robbery.

### Damages the Crops.

Florence, Ont., July 27.—A very severe electric storm, accompanied by a heavy fall of hail, passed over here about five o'clock this afternoon. Much damage was done to oats and corn, and the barn of Jarvis Paul was burned. Mr. Paul lost his hay and wheat, but saved livestock and implements, partially insured.

### Walking to Delaware.

Port Haron, July 27.—Mrs. Anns Baroh, aged 70 years, passed through here to-day, walking from Flint to Delaware, near London.

The old lady said she had walked the whole distance from Flint to this city, and intended to continue the journey to her destination in the same manner, a total distance of one hundred and thirty miles. Mrs. Baroh intends to take up her home at Delaware, and has not the money to pay railroad fare.

### Immense.

"What's the difference between vision and sight?"  
 "See those two girls across the street?"  
 "Yes."  
 "Well, the pretty one I would call a vision of loveliness, but the other one—she's a sight."

### The Dim Past.

Professor (lecturing)—Oxygen, gentlemen, is essential to all animal existence. There could be no life without it. Strange to say, it was not discovered until a century ago, when— Student—What did they do before it was discovered, professor?

### Color Schemes in Building.

Strange how little we Americans do with color. We have a red brick house or a yellow brick house with a red tile roof or a green roof, and that's about the gamut we run. Most beautiful effects can be gained by the use of enamelled colors even on flat surfaces; dainty patterns can be worked out and brilliant yet harmonious effects gained. Our coloring schemes are tame. We certainly have much to learn in that respect from the Persians of old. They were masters in enamel, and their work was gorgeous, beautiful. With us it is lack of taste; it certainly is not lack of material. There are American makers of tile that produce material equal to that of antiquity, the richest colors and the most easily adapted shapes.—Clay Worker.

### The Stinging Tree.

The stinging tree of Australia somewhat resembles a gigantic nettle. It has an unpleasant odor, and the natives and native animals are careful to avoid it. When a man is stung by the tree—or, to put it more prosaically, pricked by the tree's thorn—the little wound gives him at first no pain whatever. But in a few minutes a maddening pain is set up; the victim shrieks and rolls upon the ground. For months afterward when water touches the stung part great agony ensues. Dogs when stung rush about with piteous whines, biting pieces of flesh from the places that had been stung.

### "Gent."

An early use of this slang expression is to be found in some verses—probably by Elkanah Settle—quoted by Walter Thornbury in his "Old and New London," from a poem on the "Lord Mayor's Banquet of Sir Samuel Fludger," 1761, and apparently published at the time:

Where are your eyes and ears?  
 See there what honorable gent appear!  
 —London Notes and Queries.

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 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. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS

Bears the Signature of

*Chas. H. Fletcher*

## The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

## Not Just Better Baking But Far

### Easier Cookery

The way the oven heat's made to bake evenly—that alone would sell you the Imperial Oxford range once you really saw what it means. But the Imperial Oxford isn't just a perfect baker,—it's the easiest range to cook with, because it uses heat sensibly whatever you want the heat to do,—fry, broil, or bake.

## Imperial Oxford Range

Its roomy firebox, its easy-to-manage sensitive drafts, hold the heat EVEN, keep it under your control. And the special Imperial Oxford thermometer tells you always just where the heat is. But you can't really know what a fine set of ideas are built into this range until you come and see it.

THE GURNEY FOUNDRY CO., LIMITED

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# Western Fair

The Exhibition That Made Fall Fairs Famous.

An ideal occasion for a family outing. Daily ascensions of a navigable airship, always under perfect control. The most wonderful invention of the age.

Royal Venetian Band, the most celebrated European musical organization, under the great leader, Victor, will give concerts daily.

Fireworks on a more magnificent and imposing scale, picturing the great Carnival of Venice.

Many splendid educational features for the boys and girls.

For information write W. J. REID, President, A. M. HUNT, Secretary

LONDON,  
 SEPT. 7-15, 1906.

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