

h eradicates every trace of ung! Keep your best years ll do it.

aren, druggist, The Rexall Store, to the above address or to Temple-Toronto, and capsules will be sent

HAN VELVET to make?

superior to that.

re cream, cane sugar and Silverwood's Ice Cream. that mother never could de ice cream is the result ific freezing.

ED, LONDON, ONT



F. LOVELL

d Make It e Money

uch of your wages do you fritter ch week on trifles? reckon it up you will probably find least five per cent. disappears thus ow wreaths in thaw."

weekly wage is \$15.00 you spend 5 cents of that on "mere nothings" ou know it.

pose you said to your employer: reek I want you to keep 75 cents ny pay envelope and invest it for Var Savings Stamps. As you buy r Savings Stamp put it in my pay and go on doing that for a year." never miss that 75 cents. But at of the year you will have over nvested in Savings Stamps. By will be worth considerably more

ngs Stamps are guaranteed by the Government. They have the ources of Canada as their security, as Victory Loans. And they bear ally high rate of interest. You can at any time, however, if your

3.00, and by 1924 they will be

5.00.

our Savings Serve You and ur Country-Invest Them in ngs Stamps.

PANILE HIM STER TIME TABLE

ns leave Watford Station as follows: GOING WEST
CCOMMOdation, 75 8 44 a.m.
licago Express.13 1 16 p.m.
ccommodation, 6 44 p.m.

GOING EAST

WN SOCIALS require plenty of trising. Keep your announcement tautly before the public. Get out bills and place your ads. in THE DE-ADVOCATE.

A By-law to raise the sum of \$52,000 to pay for a Water System for the Village of Watford.

to pay for a Water System for the Village of Watford.

WHEREAS it has become desirable to provide a Water System, including Wells, Pump House, Pumping Equipment, Stand Pipe and Distributive System, for the Village of Watford;
AND WHEREAS the Municipal Council of the Village of Watford have procured an estimate of the cost of the said work, including the cost of providing material therefor, which amounts to the sum of \$52,000.00;
AND WHEREAS the proposed source of Water Supply and the works intended to be constructed have been submitted to the Provincial Board of Health for Ontario, and the same have been approved, and such approval has been certified under the hand of the Chairman and Secretary of the said Board;
AND WHEREAS for the payment of the said works the said Council requires to take the sum of Fifty-two Thousand or create a debt upon the said stands of the said continuence of the said that the said council requires to take the sum of Fifty-two Thousand Dollars;
AND WHEREAS at the rate of five and concludence of the said sum of Fifty-two Thousand Dollars;
AND WHEREAS it is desirable and the Municipal Council of the said Sullage have determined to issue the said debentures at one time and to make the principal of the said debt repayable by yearly sums during the period of thirty, years being the currency of the said debt repayable by yearly sums during the period of thirty, years being the currency of the said debentures, said yearly sums being of such respective amounts that the aggregate amount payable in each of the twenty-nine other years of the said period as shown in the schedule hereinafter contained;
AND WHEREAS the whole rateable property of the Village is the sum of \$64.230.00;
AND WHEREAS for paying off the principal sum of Fifty-two Thousand Dollars and interest computed on the unpaid principal at the rate of five and one-half per cent. per annum in respect of said debt shall be as nearly as possible equal to the amounts so payable in each of the twenty-nine other years of the said period as

hereinat	ter mentioned	the following su	ms-
Year	Interest	Principal	Total
1	2860 00	717 88	3577 88
2	2820 52	757 36	3577 88
3	2778 86	799 02	3577 88
4	2734 92	842 96	3577 88
-5	2688 55	889 33	3577 88
6	2539 64	938 24	3577 88
7	2538 04	989 84	3577 88
8	2533 60	1044 28	3577 88
9	2476 16	1101 72	3577 88
10 .	2415 56	1162 32	3577 88
11	2351 64	1226 24	3577 88
12	2284 19	1293 69	3577 88
13	2213 04	1364 84	3577 88
14	2137 97	1439 91	3577 88
15	2058 78	1519 10	3577 88
16	1975 23	1602 65	3577 88
17	1887 08	1690 80	3577 88
18	1794 09	.1783 79	3577 88
19	1695 98	1881 90	3577 88
20	1592 48	1985 40	3577 88
21	1483 28	2: 94 60	3577 88
22	1368 08	2:09 80	3577 88
23	1346 54	2331 34	3577 88
24	1118 31	2459 57	3577 88
25	983 04	2594 84	3577 88
26	840 32	2737 56	3577 88
27	689 75	2888 13	3577 88
28	530 91	3046 97	3577 88
29	363 32	3214 56	8577 88
30	186 52	3391 36	3577 88
	\$55336 40	\$52000 00	\$107336 40

being the aggregate amount for principal and interest to be paid in each and every year according to the statute in such case made and provided:

provided:
THEREFORE THE MUNICIPAL COUNCIL OF THE CORPORATION OF THE VILLAGE OF WATFORD ENACTS AS FOLLOWS :-

OF WATFORD ENACTS AS FOLLOWS:—

1. That the works referred to in the recita is hereto be undertaken and constructed.

2. That it shall be lawful for the Reeve of the said Municipality, for the purposes aforesaid, to borrow the said sum of Fifty-two Thousand Dollars, and to issue debentures of the said Municipality to that amount in sums of not less than One Hundred Dollars each, with coupons altached for the payment of interest.

3. The debentures shall all bear the same date and shall be issued within two years after the day on which this Bylaw is passed and may bear any date within such two years, and shall be payable in thirty annual instalments during the next thirty years after the time when the same are issued, and the respective amounts of principal and interest payable in each of such thirty years shall be as set forth in the recitals hereto.

4. It shall be lawful for the Mayor of the said

It shall be lawful for the Mayor of the said 4. It shall be lawful for the Mayor of the said municipality and he is hereby authorized and instructed to sign and issue the debentures here by authorized to be issued, and to cause the same to be signed by the Treasurer of the said municipality, and the Clerk of the said Municipality is hereby authorized and directed to attach the seal of the said Municipality to the debentures. The interest coupons shall be signature may be printed, stamped, lithographed or engraved.

5. The said debentures shall be payable at the office of the Treasurer of the Village of Watford.

6. The said depentures shall be payable at the office of the Treasurer of the Village of Watford.

6. The said debentures shall bear interest at the rate of five and one-half per cent. per annum computed on the first day of January prior to the date of issue thereof.

7. The said debentures shall be payable on the Thirty-first day of December in each of the said thirty years.

the Thirty-first day of December in each of the said thirty years.

8. There shall be raised and levied in each of the said thirty years, by special rate on all the rateable property in the said Municipality, a sum sufficient to discharge the several instalments of principal and interest accruing due on the said debentures as the same become respectively payable according to the provisions of this By-law.

9. The said sum of Fifty-two Thousand Dolars shall be expended when raised for the purposes set forth in the recitals hereto.

This By-law shall come into force and take effect immediately upon the final passing therefore the provisions of the provisional provisional properties of the provisional provisional properties of the properties of the provisional properties of the

NOTICE

TAKE NOTICE that the foregoing is a true copy of a proposed By-law of the Corporation of the Village of Watford, to be submitted to the votes of the clectors entitled to vote on money bylaws on the Thirtieth day of June, A.D. 1919, at the places in the said Village, and by the Deputy Returning Officers below mentioned, viz. Polling Division No. 1.—Library Basement, John Stanger, D.R.O.; Harry Pearce, poll clerk, Polling Division No. 2—Fir Hall, Ontario St.; Jacob D. Brown, D.R.O.; Frederick J. Hughes, Poll Clerk;

Jacob D. Brown, D.R.O., Frederick Poll Clerk; and a poll shall be open at each of the said places on said date at nine o'clock in thefore-anon and shall continue open until five o'clock in the afternoon.

min a poil small be open at each of the said places on said date at nine o'clock in the forenoon and shall continue open until five o'clock in the afternoon.

AND that the twenty-fifth day of June, A. D. 1919, at eleven o'clock in the forenoon, at the Council Chambers in the Library Basement, in the said Municipality, has, been fixed for the appointment of persons to attend at the polling places and at the final summing up of the votes by the Clerk.

AND that if the assent of the electors is obtained to the said proposed by-law it will be taken into consideration by the Municipal Council of the said Corporation at a meeting thereof to be held after the expiration of one month from the date of the first publication was made on the sixth day of June, A.D. 1919.

AND that any tenant entitled to vote under such bylaw and who desires to so vote must deliver to the Clerk of the Municipality not later than the tenth day before the day appointed for the fasting of the vote, a declaration under the Canada Evidence Act, stating the facts required by subsection 3 of Section 255 of the Municipal Act to be stated in such declaration.

Dated at Watford this second day of June, D. 1919.

W. S. FULLER, Village Clerk.

W. S, FULLER, Village Clerk.

BY-LAW NO. 4 FLOWERS ON HATS

Spring Headgear Will Be Veritable Flower Gardens.

Roses, Which Afforded Welcome Victory Color, Promise to Reign Supreme for Decoration.

We are told that hats this spring are to be veritable flower gardens, notes a millinery authority. And it would take no oracle to predict that of all flowers the rose would be supreme. Even before the armistice was signed the rose became immensely popular-real roses and artificial roses and the rose motif in decoration. Then with the armistice and victory the color of the rose became one of the most successful of victory colors. In fact, it was various shades of rose that appeared to be the instinctive choice of most women, so that simultaneously they appeared in rose colored dance and dinner frocks after the war's end. One of the smartest of the advance season



Trimmed with Gray Ribbon and Roses.

hats-one worn by a prominent actress—is a small hat entirely covered with rose petals. Doubtless the rose petal hat will be much in demand as spring comes on apace.

No one with open eyes needs to be told that the corsage bouquet has been revived. It is not as yet so usual as to be actually popular. It has the advantage, as yet, of exclusiveness. It is seen worn on many evening gowns and not infrequently on afternoon gowns as well. It is possible that the spring will reintroduce the fashion of wearing flower bouquets on the tailored suit or street frock, as was the

fashion a few years ago.

There are all sorts of flowered ton fabrics for spring and summer. One of these is a rose strewn chintz that in the hands of the skilled dressmaker is decidedly attractive.

SUITABLE FOR STOUT WOMEN

Longer and Narrow Skirt Regarded as Far More in Favor-Open Sleeve a Blessing.

If you yourself are not more rotund than you should be, you just don't know anything about it, unless mayhap you have narrowly watched the struggles of a fat friend or are the dressmaker who must plan the raiment for the fat as well as the lean—you don't know anything about how perfectly and entirely unsuited the mode that has just gone the way of all passee styles was to the woman of many pounds.

The short skirt is an abomination for the woman who weighs too much, yet as things were one looked absolutely frumpy in a long skirt. And short skirts seemed to call for French heeled shoes and a heavy woman really does not look her best in that type of shoe; or rather she so soon gets the better of the shoe that that type of shoe always looks a little shabby

and out of shape when worn by her.
But the mode that is already with us is far more favorable. The narrow skirt is a blessed relief. The narrow skirt likewise helps, or rather the skirt draped to look narrow. The open sleeve is a blessing, for the increased width at the wrist makes the upper arm appear smaller, it hides the fat wrist and also makes the hand appear slender.

The Oil for the Athlete. - In rubbing The Oil for the Athlete.—In rubbing down, the athlete can find nothing finer than Dr. Thomas' Eclectric Oil. It renders the muscles and sinews pliable, takes the soreness out of them and strengthens them for strains that may be put upon them. It stands pre-eminent for this purpose, and athletes who for years have been using it can testify to its value as a lubricant.

Fasting Proves Injurious,

Food Being the Human Fuel,

Declare Leading Scientists

********* F recent years there has been a fasting fad. Some people have asserted that bodily health was promoted by going without food for considerable

It cannot be said that the medical faculty has ever indorsed this remarkable notion. The view held by physiologists generally is that such performances are dead against nature and impose a dangerous strain upon

lengths of time.

the human system. Per contra, Dr. Tanner, most famous of all fasters, died only the other day in San Diego, Cal., at the fairly ripe age of ninety-one: He had a theory that health and long life could be improved and lengthened by

extended periods of food-deprivation.

The most famous of his fasts extended more than forty days. He was tended more than forty days. He was carefully watched during the performance to make sure that he atc nothing. Barring the sucking of casual oranges, it fould not be discovered that in that period he touched anything that could be called food.

More recently there have been scientific studies made of this problem. Dogs and other animals have been the subjects of most of them. But the Carnegie Institute, not long ago, employed for the purpose an

ago, employed for the purpose an Italian named Succi, who was a pro-fessional faster. He did it for a liv-

ressional raster. He did it for a fiving, the pay being high.

Succi's best record was thirty days
of a fast, at the end of which there
set in certain "ante-mortem" symptoms which persuaded the scientists
in charge to quit the experiment.
Manifestly he was a weakling; for a

Paris faster named Merlatti kept the thing up for fifty days.

How long would it take you to starve to death if unsupplied with any food? The answer, so far as experimental observations would indicate is that it depends mainly upon cate, is that it depends mainly upon how fat you are. If you are a skinny person, you would not last long.
You see, the human body is an engine and food is its fuel. When the food supply is cut off the engine must for fuel draw upon the tissues of the body and burn them.

body and burn them. The fat stored in the body is under such circumstances the fuel most available. Therefore, as one observes,

a starved person becomes rapidly thinner, losing weight. Suppose the starvation is to con-tinue. Then, when the fat has been

used up, the muscular and other tissues are drawn upon for fuel to furnish the energy required to support the mechanism of the body and keep it in operation. But this is vastly more expensive, physiologically speaking, because it takes about twelve pounds of muscular or glan-

dular tissue to make an equivalent (as fuel) for one pound of fat.

Experiments have shown that in a Experiments have shown that in a twenty-six day fast the muscles lose 42 per cent. of their weight, the skin 28 per cent. the brain and spinal cord 22 per cent., the blood 48 per cent., the liver 50 per cent., the kidneys 55 per cent., the stomach and intestines 30 per cent., the lungs 29 per cent., the kidneys 55 per cent. and the heart 16 per cent.

The human body in starvation procures its supply of energy by the de-

cures its supply of energy by the de-

cures its supply of energy by the destruction of its stored fat and "protein"—the stuff that, when eaten in food, makes muscle and blood. If the deprivation be kept up long enough, it succumbs. Death ensues.

What is the immediate cause of death in such cases? This is a point that has not been fully settled. that has not been fully settled.

Who the Esthonians Are.

Esthonians, or Esths, are reported to have repulsed attacks from the Bolsheviki. The Esths are a Finno-Ugrian people, once savage and additional people, once savage and additional the savage and addit venturous, terrifying the Baltic with their piracy, constantly attacking and attacked by the Danes and Swedes. Their final subjection by the Brothers of the Sword and their en-forced acceptance of Christianity crushed their spirit and rendered them serfs to the German masters.

them serfs to the German masters.

The Esths outnumber the Germans in the old province of Esthonia 29 to 1; yet nine-tenths of all the land is held by Germans. In the former Province of Livonia the Esths can stitute nearly half the population, while the Germans are less than one-fifteenth. There the land is divided into estates, averaging over 10,000 acres in extent, none owned by an Esth or Lett, but almost invariably by a German. The Russian Government at times endeavored by agrarian laws to alleviate the condition of the peasant. Such efforts failed the peasant. Such efforts failed against the stolid resistance of the

against the stolid resistance of the great proprietors.

The Esths have clung devotedly to their national language, the sole inheritance from their past. They love poetry and song. Their physical characteristics are Finnic; their faces short, broad, beardless; their foreheads low, mouths small, arms long, legs short. Despite their extreme poverty, education is relatively adpoverty, education is relatively advanced. All but 4 per cent. are Luth

eran Protestants. Since the sudden universal awak-ening in 1918 the Esths, or the land owners, have been insistent upon national recognition. But ownership in the land is their greatest need.

Such a Change



in feelings and looks "After suffering pain, feeling ner vous, dizzy, weng and drag ged, down by weak nesses of my sex my eyes

sunken, black circles and pale cheeks-I was restored to health by the Favorite Prescription of Dr Pierce." So write many women Changed too in looks, for after tak ing Dr. Pierce's Favorite Prescrip tion the skin becomes clear, the eyes brighter, the cheeks plump Druggists sell it in tablets of liquid. It's a woman's best tem perance tonic, made from wild roots

Hamilton, Ontario.—"Dr. Pierce's Favorite Prescription helped me greatly at the turn of life. I commenced to have heat flashed and dizzy spells and became nervous and run-down. These conditions very quickly left me after I commenced with the 'Favorite Prescription.' I took when the better of the and truly believed.

that I obttles of it and truly believe that I owe my good health of to-day to medicine I took and the care exergised at that trying time."—Mrs. ROBERTH, 64 Bay Street, S.

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known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food! All Druggists and Stores .- 50c.



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J. McKERCHER, WATFORD.