



The best sugar for the sugar bowl is

Lantic Sugar

Its purity and "fine" granulation give it the highly sweetening power. It dissolves instantly in your teacup or on your breakfast cereal.

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
500 inches 8 cents per inch
1000 inches 9 cents per inch
2000 inches 10 cents per inch

ADVERTISERS—First insertion per line 10 cents, subsequent insertions 5 cents each time per line. A 100 word line is 10 lines in length.

TRAVELING CARDS—One inch and under, per year \$5.00.

ADVERTISERS—\$5.00 a year.

LOCALS—10c per line each insertion. Minimum charge 25 cents.

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS

WATFORD, JANUARY 28, 1917

Any intelligent observer of the present economical condition of the world will assent readily to these propositions: That there is a world-wide shortage of farm food products, and that general distress is sure to result if strenuous and successful efforts are not made in all agricultural countries to increase the available supply of food. When the Germans went into this war they did not expect it to be so widespread or so prolonged; it is only poetic justice that they should suffer first, most, and longest from the resulting paralysis of agricultural industry, but that does not alter the fact that millions of innocent people in all belligerent and many neutral countries are doomed to something like slow starvation if the available supply of food cannot by some means be increased during the coming season. Two million British soldiers now in France represents a host that will have to be reckoned with in the near future. It constitutes the largest army that ever fought under the flag of the Empire. We are not guessing when we say that the gallant lads from the Dominion will be as ready to do their duty as the most heroic.

OVERWORKED MOTHER

Finds Health In Our Vinol

Collinsville, Ill.—"I suffered from a nervous breakdown and terrible headaches and was tired all over, totally worn out and discouraged, but as I had a large family I had to work despite my suffering. I saw Vinol advertised and decided to try it, and within two weeks I noticed a decided improvement, and now I am a well woman."—Mrs. ANA B. SMITH.

We guarantee Vinol, our non-secret tonic, to strengthen and build up weak, run-down, overworked mothers, delicate children and feeble old people.

Taylor & Son, druggists, Watford, Ont., and at all the best druggists in all Ontario towns.

Traffic In Human Hair

Italians take the lead in human hair traffic, the main source of their supply being obtained from the pleasant women of Italy, Dalmatia, and Switzerland. Several times a year these human hair merchants send their agents around to collect supplies, which are unusually immense for hair-growing is cultivated on a very large scale by these women and yields a good remuneration to the producer. Two crops of hair a year is not extraordinary among these peasant women. Half the hair at the back of the head is shorn off, the remaining half being drawn over the exposed part and dressed in such a manner as only to be detected on very close scrutiny and by those experienced in the trade.—Family Herald.

Write Direct To Pensions Board

The pension commissioners for Canada issued the following statement.

The Dominion Government has appointed a board of pension commissioners for Canada, with offices in Ottawa. As this board wishes to cause as little delay as possible in dealing with communications with regard to pensions, they wish the public to correspond directly with the board of pension commissioners Ottawa. A great deal of delay may be caused by communications being sent through other departments of the Government.

The Patriotic Fund Association and the Military Hospitals' Commission have kindly consented to give information and assistance to those wishing to write direct to board of pension commissioners. These societies have offices in certain localities throughout Canada.

In addition, in order to facilitate the granting of pensions, the board is opening branch pension officers in Vancouver, Calgary, Edmonton, Regina, Winnipeg, London, Hamilton, Toronto, Barrie, Kingston, Ottawa, Montreal, Quebec, St. John and Halifax. All information with regard to pensions may be obtained from these offices.

'Tis a Marvellous Thing.

When the cures effected by Dr. Thomas' Eclectic Oil are considered, the speedy and permanent relief it has brought to the suffering wherever it has been used, it must be regarded as a marvellous thing that so potent a medicine should result from the six ingredients which enter into its composition. A trial will convince the most skeptical of its healing virtues.

The Price

From London Opinion

A Tommy on furlough entered a jeweller's shop, placing a much-battered gold watch on the counter, said, "I want this 'ere mended."

After a careful survey the watchmaker said, "I'm afraid, sir, the cost of repairing will be double what you gave for it."

"I don't mind that," said the soldier. Will you mend it?"

"Yes," said the jeweller, "at the price."

"Well," remarked Tommy, smiling, "I gave a German a punch on the nose for it, and I'm quite ready to give you two if you'll mend it."

The Eskimo Dog.

An exceedingly hard lot is that of the Eskimo dog. In the first place he has to earn his living by drawing sledges. In the next place food is so scarce that a dog is usually hungry, often hungry enough to eat his harness or indeed any bits of skin and leather he can find. To prevent this the men rub the leather cords with tar. But in order to live at all an Eskimo dog has to fight his way. Whenever there is a pack of dogs together they fight. The weak ones are driven away or killed. The strongest and fiercest one, who can thrash any or all of the others, is known as the king dog. He has the best place to lie and his choice of food.

Many a man's good reputation is due to what isn't found out about him.

Intuition is what a woman thinks she has when she makes a real good guess.

When the world owes a man a living it invariably settles the debt on the installment plan.

The fool takes things as they come, but the wise guy always goes after what he wants.

In trying to figure out the problem of life most men subtract what they own from what the owe.

The children of the man who made a specialty of sowing wild oats before his marriage will be sure to harvest an abundant crop of advice.

INSECTS AND WAR.

One of the Troubles Faced by the Fighting Men.

The insects which prove such a nuisance to the fighter in time of war are the insects which equally affect man in times of peace. But owing to the different circumstances which arise when men are at war, their effects are more concentrated and more persistent. Roughly speaking, we can divide these insect pests into two categories—(1) those which pierce the skin of men or of animals on which the soldier is to a great extent dependent, for instance, the horse; and (2) those which interfere with the soldiers' food supplies. The latter again fall into two categories—(a) those which materially and substantially diminish that food supply, and by leaving their larvae behind in the diminished stock render the food unpalatable; and (b) those which infect the food with pathogenic germs, such as the germs of enteric fever.

We may here describe a series of insects which affect the food of soldiers and sailors. One is the flour-moth, whose larva burrows through the soldiers' biscuit, and not only consumes a considerable portion of it, but renders it so unpalatable that Sergeant Daniel Nicol, of the 2nd Gordon Highlanders, tells us that, during the expedition to Egypt in 1801, "some vessels were despatched to Macri Bay for bullocks, and others to Smyrna and Aleppo for bread, which was furnished to us by the Turks—a kind of hard, dry husk. We were glad to get this, as we were then put on full rations, and our biscuits were bad and full of worms; many of our men could only eat them in the dark."

Biscuits become infected during the cooling which takes place between the baking and the packing. The adult insect is a perfect nuisance in flour-mills. So persistent and so numerous are these moths at times that they clog the rollers with their cocoons, and sometimes completely stop them. The webbing of the elevators in the mills often becomes covered with them and with their silky skeins, and then the elevators stop working. They mat together the flour and meal with their silken excreta, and so uniform is the temperature of the mill, and so favorable to the life of the insect, that they complete their life-cycle in this country in two months, and in the warmer parts of America even more rapidly. In well-heated mills the proceeding is continuous, so that six generations at least may be produced each year.

Now that the war is spreading in the Near East, a word or two should also be said about an allied species of insect, which infests at times 50 per cent. of the figs of the East. It is a moth which is spread all over the world, and is universal in its taste, since it flourishes on rice, bran, dried apples, maize, and a great many more or less nutritious foods. In Asia Minor it lays its eggs in the figs whilst they are being dried in the sun. From the egg a small maggot emerges, and wherever dried figs must at times come across them. These larvae, which emerge when September melts into October, render a voyage on a fig-laden ship very unpleasant, as they crawl about the ship before pupating.

Finally, we must not forget the biscuit "weevil," so familiar to us in Marryat's novel. And the first thing to notice is that it is not a weevil at all. It is in truth known as *Anobium panicum*, and is closely allied to *A. striatum*, which makes the little round holes in worm-eaten furniture so cleverly imitated by second-hand furniture dealers. There is hardly anything the larva of this insect will not eat, from cayenne pepper to opium, from tablets of compressed meat to Arabic manuscripts. It is, however, to-day, far less common than in the past, through the invention of the biscuit tin, a comparatively modern discovery, which has done much to interfere with its plans.

CASTORIA

For Infants and Children

In Use For Over 30 Years

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

CENTRAL Business College

STRATFORD, 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.

HAPPY THOUGHT RANGES

Still lead the sales in Canada, as they have for the last thirty years. Latest designs on our floor at right prices.

RADIANT HOME BASEBURNERS

Are powerful heaters and easy on the coal bill. Ask your neighbor who has one. We have a few left at last year's prices.

PERFECTION OIL HEATERS

Are satisfactory and convenient for fall evenings or that cold bedroom in winter. We have them at \$3.50, \$4.00 and \$4.50.

The N. B. Howden Est.

Be Loyal To Your Own Community

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 UNDERPAKERS

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.

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