

## HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From  
Own Experience.

Providence, R.  
down in health,



headaches disap-  
weight and feel  
recommend Lyd  
table Compound  
suffering as I wa  
LYNCH, 100 Plain  
Backache and  
toms or nature  
dicate a functio  
unhealthy condit  
ops into a more  
Women in thi  
continue to drag  
profit by Mrs. L  
try this famous  
Lydia E. Pinkh  
pound—and for  
Lydia E. Pinkha

### Guide

WATF  
PUBLISHED  
Subscription \$1.50 p  
in advance

### ADVERT

YEAR  
1500 inches  
1000 inches  
500 inches  
Shorter periods  
Advertisers will be  
every two weeks. W  
a slight extra cost  
printer's hands by Tu  
LOCAL ADVERTISING  
cents. Independent lin  
line. A. also measure  
BUSINESS CARDS—0  
\$5.00.  
ADVERTISER CARDS—  
LOCALS—10c. per li  
Change 25 cents.  
Advertisements will  
inserted ill forbid an

### Guide

WATFORD,  
NOTE AN

The propositi  
the House of C  
holding of all fa  
ion as a war m  
chorus of disson

A Vancouver  
York claims the  
younger than v  
In crossing the  
her watch an h  
and repeated th  
daylight saving

Canada is hat  
by the presence  
within the gate.  
enemies, either,  
and women wh  
that there is an  
food, and poke  
for increased p.

They are con  
in the United  
claimed, will  
German weapo  
Paris at a dist  
miles. The An  
a range of sixty  
est advantage  
While the Germ  
in concrete and

American gun can be moved from  
place to place, and also can be moved  
on its carriage base.

Warts on the hands is a disfigurement  
that troubles many ladies. Holloway's  
Corn Cure will remove and blemish with-  
out pain.

In Bosanquet, on Friday, April 5th, to  
Mr. and Mrs. Smith McBryan, a  
daughter.

Australia seems to have an inexhaust-  
able supply of marble that is found there  
in many colors in addition to pure white.  
The parcel checkroom in the union  
railroad station in Washington is run by  
four girls.

Children Cry  
FOR FLETCHER'S  
CASTORIA

### Field Root and Vegetable Seeds to Grow in 1918

The seed survey, just completed  
by the Seed Branch, Ottawa, indi-  
cates prospective shortages for the  
season of 1919. Certain kinds and  
varieties are short for this spring's  
seeding, but taking into consideration  
surplus stocks of other kinds in the  
dealers' hands and all the anticipated

Never before has so much money  
been asked from a generous public  
by this institution. Two and a  
quarter million dollars is a large sum  
of money, even in these days of  
swollen war-budgets, but the need is  
there, and we do not doubt that the  
sum asked for will be forthcoming.  
Not once have the purse-strings of  
Canadians been drawn tight in the  
face of an urgent appeal for funds.

### Children Cry for Fletcher's

# CASTORIA

were to knock at your door and ask  
for rest and refreshment, there is  
nothing you would not do for him.  
As he is "something in France" he  
cannot visit you, but the Y.M.C.A.  
is knocking at your door for him  
today. Through that tried and  
tested agency you can minister, not  
to one, but to all of our soldier boys  
at home and overseas. Your money  
will lessen some poor lad's loneliness,  
ease another's pain, preserve reason,  
provide recreation, and camouflage  
much of the ghastliness of France  
and Flanders for your fathers and  
brothers.

In its Red Triangle Fund Campaign  
on May 7, 8 and 9, the Canadian  
Y.M.C.A. is going "over the top."

the car itself. Nineteen of the most called for parts cost only  
\$5.40. Just compare this with the cost of spare parts for other  
cars and you will realize the advantage of owning a Ford.

**Ford**  
THE UNIVERSAL CAR

Touring	- -	\$595
Runabout	- -	\$575
Coupe	- -	\$770
Sedan	- -	\$970
Chassis	- -	\$535
One-ton Truck		\$750

F. O. B. FORD, ONT.

RAY MORNINGSTAR - Dealer - Watford.

## SAVE MONEY

Enter the ELLIOTT B...  
Young and Charles sis...  
tion Rates are increased...  
graduates. Write for our...  
how our former students...  
all year.

### Spring Term fro

CENTRA  
Business  
WATFORD.

Commercial life offers t...  
ties. Recent lady gradu...  
are earning as high as \$...  
last application we rece...  
man with some experi...  
salary of \$1500 per ann...  
enter our classes at an...  
placed in positions.

Commercial Short...  
Telegraphy  
Get our Free

W. J. Elliott, D...  
President.

### MEN WHO ENLI

149 BATT. A

- Lieut. W. H. Smy
- Ottawa.
- Lieut. R. D. Swift
- Sergt. W. D. Lamb
- Sergt. M. W. Davie
- Sergt. S. H. Hawl
- Sergt. E. A. Dodds
- Sergt. W. C. McK
- Sergt. Geo. Gibbs
- Sergt. H. Murphy
- Sergt. C. F. Roche
- Corp. W. M. Bruce
- Corp. J. C. Anders
- Corp. J. Menzies
- Corp. S. E. Dodds
- Corp. H. Cooper
- Corp. C. Skillen
- Corp. C. E. Sisson
- Lt. Corp. A. I. Sma
- B. Q. S. - B. C. Cul
- C. Q. S. - C. McC
- Pte. Frank Wiley
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. J. R. Garrett
- Pte. H. Jamieson
- Pte. G. Lawrence
- Pte. R. J. Lawrenc
- Pte. C. F. Lang
- Pte. W. C. Pearce
- Pte. T. E. Stilwell
- Pte. A. H. Lewis, B
- Pte. G. A. Parker
- Pte. A. W. Stilwell
- Pte. W. J. Saunders
- Pte. Bert Saunders
- Pte. A. Armond
- Pte. W. C. Ayleswo
- Pte. R. Clark, Bugl
- Pte. S. L. McClung
- Pte. J. McClung
- Pte. C. Atchison
- Pte. H. J. McFeley
- Pte. H. B. Hubbard
- Pte. G. Young
- Pte. D. Bennett
- Pte. F. J. Russell
- Pte. E. Mayes
- Pte. C. Haskett
- Pte. S. Graham
- Pte. W. Palmer
- Pte. H. Thomas
- Pte. F. Thomas
- Pte. B. Trenouth
- Pte. E. A. Shauness
- Pte. W. Zavitz
- Pte. W. J. Sayers
- Pte. Lot Nicholls
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper
- Pte. F. A. Conne l
- Pte. F. Whitman
- Pte. Edgar Oke
- Pte. White
- Pte. McGarrity
- Pte. Wilson
- Pte. Richard Wats
- Pte. L. H. Ayleswo

### THIS is no tin

practising  
Economy. Don  
because you h  
on that it is h  
bake your own  
Cakes. Remen  
must have extra  
you know the  
wood and coal th  
So Save your  
Buy your Br  
Cakes fr  
LOVE