TO WOMEN OF MIDDLE AGE

This Woman's Letter Tells You How To Pass The Crisis Safely.

Lascelles, P.Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face so that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who felt as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."—Mrs. DUNCAN BROWN, Lascelles, Prov. Quebec.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound carry them safely through this crisis as it did Mrs. Brown.

You are invited to write for free advice

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

TASTE ALONE will tell how good it is

Just you try a loaf of our delicious Bread and you'll know why it is so popular in Watford and surrounding country.

F. H. Lovell's

Bakery - Confectionery

LONDON BUSINESS COLLEGE
Dundas and Richmond Sts.
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Write for information regarding our courses in Bookkeeping and Shorthand. Fall term opened on August 30th.
J. MORRITT, Principal. N. STONEHOUSE, Vice-Principal.

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Enjoys an excellent reputation for high grade work. It is no wonder the demand for our graduates is five times our supply. Enter any time. Catalogue free.
W. J. ELLIOTT, Principal.

Fall Term from Aug. 31st
CENTRAL Business College WATFORD, ONT.
The leading Commercial School of Western Ontario. We have competent, experienced instructors. We give thorough courses in Commercial, Shorthand and Telegraphy departments and we assist graduates to positions.
Write now for our free catalogue.
D. A. McLACHLAN, Principal.

CHANTRY FARM
SHORTHORN CATTLE AND LINCOLN SHEEP
Red Bull Calf For Sale, also some extra good shearling and two-year-old rams. Good selection of lambs—either sex. Must reduce stock as I have sold one farm.
ED de GEX, Kerwood P.O.

Advertise Your Farm Sales
The Guide-Advocate

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Watford, Ont.
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Subscription $2 00 per annum in advance, $2 50 in advance to the United States.

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W. C. AYLESWORTH, Publisher.
T. HARRIS, Editor.

Guide-Advocate

WATFORD, SEPT. 17, 1920.

VALUE OF FALL FAIRS

HAVE DONE GOOD WORK IN CANADA

Crop Growers and Stock Breeders Pick Up Hints From Exhibits and the Show Ring Brings Stock to the Notice of Possible Buyers—No Better Advertising Medium Exists.

Probably the institution that deserves most credit for the improvement in our crops and live stock within the past fifty years is the agricultural exhibition, including all shows from the C.N.E. to the smallest Fall Fair. Farmers, as a rule, admit the value of the Fall Fair as an incentive to better agricultural practice, and recognize its importance to the commercial avancement of the country as a whole, but these facts are likely to be lost sight of by townspeople, who fail to see benefit to any but the prize-winners in donations of trophies or hard cash to owners of superior crop samples or specimens of cattle, sheep or other live stock breeds that are of superior excellence.

Agricultural shows, small and great, are credited with having brought about the advance of the British live stock industry to its leading position, and there is no questioning the fact that the fame of British breeds of live stock has done much in adding to the wealth of the country. The shows, several of them now known as world events, beside encouraging the breeders to increased effort at improvement of their stock, have done more than anything else to advertise the high quality of the horses, cattle, sheep and swine produced in he British Isles. In fact, so closely is the show related to the commercial side of live stock raising in Britain that it is most usual for shows to be followed directly by sales, at which the prize-winning stock is, in many cases, sold to foreign buyers.

In Canada, fault is sometimes found with the fact that few breeders, outside those who operate on a large scale, or showmen who acquire animals merely for show purposes, are able to stand the expense of taking their stock to the big exhibitions. This is regretable, to some extent, but it must be allowed that the breeder who has stock fit to win at such shows will not be long in making money to stand the expenses of the show circuit. In any business, a man must crawl before he can walk, and for those who cannot tackle the big shows there is always the chance to bring good animals before the public at the lesser fairs. Moreover, one of the chief benefits of the big shows is the example in the way of good animals, that they bring before stockmen who have not yet advanced any great way in breeding high-class animals on their own farms. The expression "the educational side of our agricultural exhibitions" is about worn threadbare, but it must be allowed that the display of live stock made annually at such shows as Toronto, London, Ottawa, Brandon, Calgary and Edmonton are a liberal education for live stock breeders, who are not so far advanced in the art as are the exhibitors.

Not only in the live stock section do our agricultural shows provide displays that go to encourage improved production. Samples of high quality from crops, as found especially in the displays of sheaf grain, roots, vegetables and fruits, are often the first intimation received by new farmers, of what can be done in the way of crop production by the more experienced farmers. Other sections of the show, such as those reserved for machinery, barn equipment, etc., bring hints of labor-saving possibilities to the farmer show visitors that are likely to result in greatly increased production if taken and followed on the home farm.

Accounts of broken attendance records at this season's fairs in Western Canada are an indication of the importance attached to agriculture by all classes of the population, and it is to be hoped that the exhibition season in the East, where other industries than agriculture play a more important part than in the Western provinces, may see the townsmen showing their recognition of the importance of food production to the well-being of the whole population, by subscribing freely to the Fall Fair prize lists and attending both the local and central.

"Culling" Poultry.

Poultry culling demonstrations are being conducted throughout the province by the Extension Department of the Ontario Agricultural College. It is impossible for officials in charge of this work to cover all farm flocks, or even a fraction of them, therefore they are confining themselves to private exhibitions here and there and to the breeding stations situated in every county. "Culling" has now been proven nearly a necessity in poultry husbandry. This method of selection, when compared with trap nest records, has showed itself almost infallible in distinguishing boarders from layers. Contrary to general opinion, anyone with but a slight understanding of poultry work can become an expert culler after closely watching a demonstration conducted by the college authorities. Forty per cent. of the birds in Ontario do not produce enough eggs to pay for their keep. Were these fowl removed, egg production would scarce be affected, while feed bills would be cut almost in half.

Wealth In Strawberries.

"Twenty-five thousand dollars' worth of strawberries were harvested from a 20-acre field on the outskirts of Simcoe this season," claims W. L. Innes of the Dominion Canners. A seven-acre patch in the lot realized $10,000. Some of the beds were old and rather neglected, which reduced the average. "It should be remembered," added Mr. Innes, "that these figures represent wholesale prices. 14 cents per quart."

RE-QUEENING.

Examine Bee Colonies at Intervals In Search of Brood.

The extent to which attention is paid to the frequently necessary operation of re-queening is a good measure of the efficiency of the management of an apiary.

We find, for instance, in the neglected apiary, that no attempt at re-queening is made and the colony or swarm that chances to lose its queen—an accident which frequently happens to colonies that have swarmed or to after-swarms—is simply left to die out.

Then there is the fairly well kept apiary in which the absence of eggs in a colony after the young queen should have started laying is recognized as an indication that she has been lost and a frame of brood in all stages is given to the colony in order that it may raise a queen, which frequently does not begin to lay until the colony is much reduced in population.

Finally, we have the well managed apiary, in which the colonies are examined at regular intervals, and worker brood in all stages in patches of full size for the season is looked for. If this, or a young virgin queen, is not present, or if the brood consists wholly or largely of drones, known by the strongly convex cappings over the pupae, a fertile queen is supplied at once from a nucleus kept for the purpose, or a ripe queen-cell is given. The best bee-keepers go further and follow a regular system of re-queening each colony yearly, thus replacing all, except perhaps the best one-year-old queens. The young queens are more prolific and profitable not only in the fall but also in the spring and are less likely to swarm than the older queens.

The best time to raise queens in Canada is during the clover honey flow. Do not delay until the flow is declining, when robbing is easily induced.

A simple and good way for the beginner to obtain fertile queens is to save the queen-cells in a colony that has thrown a prime swarm. Five or six days after the swarm has left, the colony should be divided into nuclei, each consisting of a comb or two of brood containing a queen cell or two and honey with the adhering bees.

A frequent object in re-queening is to change the race of the colony from black bees to Italians, which resist European foul-brood better, and are generally more prolific and better foragers in the interior of Canada, where the summers are warm. In purchasing Italian queens, untested fertile queens should be specified. They are less liable to be injured in the mails than tested queens.

A good way to introduce a queen to a colony is in the "Miller" cage. The queen is imprisoned by a plug of soft candy which the bees eat away in the course of a few hours, and in so doing liberate the queen. Of course, one should make quite sure that the colony to which the queen is introduced is without a queen, and it is advisable to introduce her to a colony from which the queen has been removed the previous day.

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

We do all kinds of printing. Office Forms, Stationery —Guide-Advocate.

FARMERS

Special attention is given Sterling Bank clients with regard to the collection of Farmers' Sale Notes. Every effort is made to obtain payment for these at the proper time.

In addition we will make credit advances with these Sale Notes as security.

Consult our local Manager regarding this and other features of Sterling Bank Service.

THE STERLING BANK OF CANADA

A Bank Account For Your Wife

More and more, are the wives of today running their homes on a business basis—systematically and efficiently.

Many wives have a monthly allowance for household expenses.

This, they deposit in a Savings Account in The Merchants Bank—settle bills by cheque—and thus have an accurate record of bills paid.

Such a business-like method also gives a woman the feeling of happy independence in having a bank account of her own.

THE MERCHANTS BANK OF CANADA
Head Office: Montreal. Established 1864.
WATFORD BRANCH, F. A. MacLEAN, Manager.
ALVINSTON BRANCH, G. H. C. NORSWORTHY, Manager.

To Prevent Garlic Flavor.

Dairymen and creamery men in many places are troubled every spring by garlic or onion flavor in the milk. This is due to the cows feeding on garlic or wild onion, one of the first plants to start in the pasture in the spring. The trouble from garlic is not likely to last very long, as this weed is soon cropped off and the grass becomes plentiful enough for the cattle to feed on it in preference to the onion.

Garlic flavor in milk can be removed by heating the milk to 145 degrees F. and forcing air through it at this temperature for 30 to 60 minutes. As this method requires a certain amount of equipment, it is much more satisfactory for the average dairyman to keep the odor out of milk by a few simple precautions in herd management.

There are two ways of protecting the milk from garlic flavor. First,

Garlic Flavor Can Be Reduced to Minimum by Removing Cows to Some Other Pasture Three or Four Hours Before Each Milking.

prevent the cows from obtaining garlic; and second, manage the herd on the least possible chance of getting garlic pasture, so that there will be the flavor in the milk.

Often the garlic is found only in one patch in the pasture, and this can be temporarily fenced off and pastured with other animals not producing milk.

Where garlic is scattered all over the field it will be impossible to keep the cows away from it, but by removing them to some other field three or four hours before each milking the flavor will be reduced to a minimum. The odor in milk is strongest from cows which have just eaten garlic, and the odor is reduced as the time between the eating of garlic and milking is increased.

In case no garlic-free pasture is available, it would be advisable to drive the cattle to the barnyard three or four hours before milking and feed them on hay and silage. As the season for garlic trouble is short, this should not cause much inconvenience.

Children Cry
FOR FLETCHER'S CASTORIA

Fall Fair Dates—1920

Strathroy	Sept.	20, 21, 22
Petrolea	"	23, 24
Sarnia	"	27, 28
Glencoe	"	28, 29
Wilkesport	"	30
WATFORD	" 30, Oct.	1
Forest	Oct.	5, 6
Brigden	"	4, 5
Florence	"	7, 8
Wyoming	"	7, 8
Alvinston	"	12, 13

SCHOOL FAIR DATES

Sarnia Township Hall	Sept.	13
North Enniskillen, Petrolia.	"	14
Bosanquet Township, Jericho	"	17
Warwick Township, Arkona.	"	20
Warwick Village	"	22
Dawn Township, Rutherford.	"	23
South Enniskillen, Oil Springs	"	27
Euphemia Township, Cairo..	"	29

Rheumatism
Now is the time to get rid of it!
Nature is pulling for you—
The warm weather's here—
This is your chance—
grasp it—take
Templeton's Rheumatic Capsules
Get it out of your system the easiest way!
Sold by reliable druggists for a dollar. Ask our agent or write us for a free sample. Templeton's, 142 King St. W., Toronto.
Local Agent—J. W. McLaren.

SEND IN THE NEWS

..The Guide-Advocate would appreciate it as well as all our readers if subscribers would inform us regularly of all items of interest in their locality or community. However, please do not send anything of an advertising nature, such as entertainment notices, etc., unless payment is made therewith.

CATARRH CANNOT BE CURED with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the suytem. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free.
F. J. CHENEY & CO., Props., Toledo O. All Druggists, 75c. Hall's Family Pills for constipation.